



JANUARY

Plant-Based Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



Contents & Key

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|---|----|-------------------------------|
| 1. Creamy Seed Oatmeal Bowl | GF | Gluten Free |
| 2. Tofu Scramble on Avo Toast | DF | Dairy Free |
| 3. Homemade Pickled Red Onions | LC | Low Carb (<20g per serve) |
| 4. Smashed Edamame Toast | MP | Meal Prep/Freezer Friendly |
| 5. Silky Broccoli & Pea Soup | HP | High Protein (>20g per serve) |
| 6. Herby Green Risotto | V | Vegetarian |
| 7. Broccoli Steak with Beetroot Hummus | Q | Quick (under 30 mins) |
| | N | Contains Nuts |
| 8. Quinoa & Lentils with Garlicky Pumpkin Seeds | | |
| 9. Creamy Coconut Udon with Mushroom | | |
| 10. Quinoa Tomato Coconut Curry | | |
| 11. Rustic White Bean Stew | | |
| 12. Vegetable Rice Bake | | |
| 13. Keto Almond Orange Cookies | | |
| 14. Refreshing Green Juice | | |
| 15. Creamy Tofu Ricotta | | |

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Creamy Seed Oatmeal Bowl	Quinoa & Lentils with Garlicky Pumpkin Seeds	Keto Almond Orange Cookies, Refreshing Green Juice	Herby Green Risotto
Tuesday	Creamy Seed Oatmeal Bowl	Silky Broccoli & Pea Soup	Keto Almond Orange Cookies, Refreshing Green Juice	Herby Green Risotto
Wednesday	Tofu Scramble on Avo Toast	Silky Broccoli & Pea Soup	Keto Almond Orange Cookies, Refreshing Green Juice	Vegetable Rice Bake
Thursday	Tofu Scramble on Avo Toast	Broccoli Steak with Beetroot Hummus	Almond Orange Cookies, Refreshing Green juice	Vegetable Rice Bake
Friday	Smashed Edamame Toast	Broccoli Steak with Beetroot Hummus	Keto Almond Orange Cookies, Refreshing Green Juice	Quinoa Tomato Coconut Curry
Saturday	Smashed Edamame Toast	Rustic White Bean Stew	Keto Almond Orange Cookies, Refreshing Green Juice	Meal Out - Enjoy!
Sunday	Refreshing Green Juice	Quinoa & Lentils with Garlicky Pumpkin Seeds	Keto Almond Orange Cookies, Refreshing Green Juice	Creamy Coconut Udon with Mushroom

Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 2 apples of choice • 4 green apples • 1 avocado • 2 figs • 3 limes • 2 lemons • pack of blackberries • 5 onions • 3 shallots • 3 bulbs garlic • ginger • 1 red chili • 8 celery stalks • 1 cucumber • 2 carrots • 3 cooked beets • 3 zucchinis (courgette) • pack of green beans • 2 heads broccoli • 20 tenderstem broccoli spears • 1 lb. (450g) mushrooms • pack of baby spinach • basil • cilantro (coriander) • mint • parsley • broccoli • edamame beans • green peas (garden peas) 	<ul style="list-style-type: none"> • unsweetened oat milk • unsweetened almond milk • coconut water • vegan parmesan cheese • vegan cheese • 1.7 lbs. (750g) firm tofu • 14 oz. (400g) extra-firm tofu 	<ul style="list-style-type: none"> • rolled oats • basmati rice • risotto rice • pack of pre-cooked lentils • almonds • almond flour (ground almonds) • coconut flakes • pecans • chia seeds • hemp seeds • pumpkin seeds • quinoa • mixed seeds (eg pumpkin, sunflower) • all purpose flour (plain flour) • baking soda (bicarbonate of soda) • almond extract • orange extract • dark chocolate chips • paprika • red pepper flakes (chili flakes) • coriander seeds • ground cardamom • ground cinnamon • ground cumin • ground turmeric • garlic powder • onion powder 	<ul style="list-style-type: none"> • coconut oil • sesame oil • agave syrup • maple syrup • 14 oz. (400g) can chickpeas • 2x 14 oz. (400g) can white beans of choice (eg cannellini beans) • 2x 14 oz. (400g) can coconut milk, lite • vegetable stock • tahini • tamari sauce • brown rice miso paste • tomato paste (puree) • red curry paste • balsamic vinegar • almond butter • fried onions • pickled onions • basil pesto (vegan) • udon noodles • panko breadcrumbs • nutritional yeast • sliced multigrain bread • ice cubes



Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





Creamy Seed Oatmeal Bowl

Serves 4

15 Minutes

For the porridge:

7 oz. (200g) rolled oats

3.5 oz. (100g) mixed seeds
(e.g. pumpkin, sunflower)

1 tsp. ground cinnamon

1.3 pt. (600ml) almond milk,
unsweetened

To serve:

2 figs

1 apple, coarsely grated

7 oz. (200g) blackberries

sprinkle of pumpkin seeds
(optional)

drizzle of maple syrup
(optional)

Add the oats, seeds, cinnamon, almond milk (or water), and a pinch of salt to a saucepan. Cook over medium heat for 10-15 minutes, stirring frequently, until the oats soften.

Divide the porridge into bowls and top with figs, grated apple, blackberries and pumpkin seeds.

Drizzle with maple syrup. If desired, add a splash of cold milk before serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	438kcal	55g	14g	18g



Tofu Scramble on Avo Toast

Serves 4

25 Minutes

1 lb. (454g) firm tofu
¼ tsp. ground turmeric
½ tsp. garlic powder
½ tsp. onion powder
¼ tsp. paprika
1 tbsp. tahini
2 tbsp. nutritional yeast
4 fl oz. (120ml) oat milk
4 sliced bread, toasted (to serve)
1 avocado, mashed (to serve)
chopped parsley, to serve

Drain the tofu for 15 minutes to remove excess water.

Add the turmeric, garlic powder, onion powder, paprika, black pepper, tahini and nutritional yeast to a bowl and gradually whisk in the oat milk to form a smooth sauce.

Crumble the pressed tofu into medium chunks using your hands.

Heat 1 tbsp. olive oil in a large non-stick skillet, over medium-high heat. Add the tofu and sauté for 5-7 minutes, stirring occasionally, until lightly browned.

Pour the sauce over the tofu and stir to coat evenly. Cook for another 1-2 minutes or until the desired texture is achieved.

Season with salt and pepper, and serve warm over toasted bread and smashed avocado, topped with parsley.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	358kcal	22g	18g	22g



Homemade Pickled Red Onions

Serves 6

10 Minutes

2 large red onions, thinly sliced

2 tbsp. cane sugar

1 tsp. whole peppercorns

1 garlic clove, peeled

Thinly slice the onions and place them in a mason jar along with the peppercorns and garlic.

In a small pot, combine 8 fl oz. (240ml) white vinegar, 8 fl oz. (240ml) water, sugar, and 1 tbsp. salt. Heat over medium heat, stirring until the sugar and salt dissolve (about 3 minutes).

Let the liquid cool slightly, then pour it over the onions in the jar. Ensure the onions are fully submerged.

Allow the jar to cool to room temperature before sealing. Store in the refrigerator.

Thinly sliced onions will be ready to eat within 1 hour. For thicker slices, let them sit in the fridge overnight. The pickled onions can be stored in the refrigerator for up to 2 weeks.

Suggested Pairing: These pickled onions pair perfectly with recipes like Smashed Edamame Toast or Quinoa & Lentils with Garlicky Pumpkin Seeds .



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	52kcal	12g	1g	0g



Smashed Edamame Toast

Serves 4

10 Minutes

4 tbsp. tahini

12 oz. (340g) frozen edamame, defrosted

½ medium ripe avocado

1½ tbsp. tamari sauce

2 cloves garlic, roughly chopped

1 handful cilantro leaves

1 tsp. sesame oil

1 lime, zested & juiced

For serving:

4 slices multigrain bread, toasted

4 tbsp. hemp seeds

4 portions Homemade Pickled Red Onions (see recipe in this pack)

Place the tahini, edamame, avocado, tamari, garlic, cilantro, sesame oil, lime juice and zest into a food processor. Blend to form a chunky dip consistency. Season to taste with salt.

Toast bread slices, spread the edamame mixture over each slice.

To serve, sprinkle with hemp seeds and top with pickled onions.

Storage: Store the spread in an airtight container in the refrigerator for 7-10 days. The color may fade but the flavor will remain.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	465kcal	40g	20g	25g



Silky Broccoli & Pea Soup

Serves 2

25 Minutes

½ onion, peeled & diced

1 clove garlic, minced

1 broccoli, cut into florets & stems separated

11.8 fl oz. (350ml) vegetable stock

10 fl oz. (300ml) coconut water

7 oz. (200g) frozen green peas

1.4 oz. (40g) almond flour

1 oz. (30g) chia seeds, plus extra for garnish

Heat 1 tbsp. olive oil in a large pot over medium heat. Add the diced onion and garlic, cook for 5 minutes until translucent.

Add the broccoli stems, vegetable stock and coconut water to the pot. Simmer for 8-10 minutes.

Stir in the broccoli florets, green peas, almond flour and chia seeds. Cook for an additional 5 minutes.

Blend the soup until smooth using an immersion blender. Season with salt and pepper to taste.

Serve hot, garnished with chia seeds.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	515kcal	56g	21g	23g



Herby Green Risotto

Serves 6

45 Minutes

2 onions, peeled & diced

3 cloves garlic, minced

4 celery stalks, chopped

14 oz. (400g) risotto rice

1 broccoli, florets finely sliced

2 pt. (1ltr) vegetable stock

2 medium zucchinis, grated

7 oz. (200g) frozen green peas

3.5 oz. (100g) basil pesto (vegan)

splash of almond milk (optional)

Heat 1 tbsp. olive oil in a large pan over medium heat. Add onions, garlic, celery and a pinch of sea salt and cook for 5-10 minutes, stirring occasionally, until softened.

Add the risotto rice and broccoli to the pan. Stir and cook for 2 minutes.

Add a quarter of the hot stock to the rice, stirring constantly. Simmer for 20-25 minutes, gradually adding more stock as the rice absorbs the liquid.

When the rice is tender, stir in the zucchini, peas and basil pesto. Mix well and heat through. Add almond milk if the mixture becomes too thick.

Divide between bowls and top with optional garnishes (not included in nutritional breakdown).

Serving suggestion: basil, parsley, flaked almonds.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	433kcal	75g	13g	9g



Broccoli Steak with Beetroot Hummus

Serves 4

40 Minutes

For the beetroot hummus:

8.8 oz (250g) cooked beets
14 oz. (400g) canned chickpeas (retain some liquid)
4 tbsp. tahini
1 tbsp. ground cumin
juice of 1 lemon
2 cloves garlic

For the broccoli steaks:

1 large broccoli, cut into 4 steaks

For the vinaigrette:

1 tsp. red chili, finely chopped
2 tbsp. fresh parsley, chopped
1 tsp. agave syrup

Prepare the beetroot hummus by blending the beets, chickpeas, tahini, cumin, lemon juice, garlic and a splash of chickpea liquid in a food processor until smooth. Season with salt.

Heat 1 tbsp. olive oil in a frying pan over medium-high heat. Sear the broccoli steaks on each side for 5 minutes, until tender and golden. Season with salt and pepper.

For the vinaigrette, whisk together 3 tbsp. olive oil, 2 tbsp. balsamic vinegar, chili, parsley and agave syrup. Season to taste with salt & pepper.

To serve, spread the hummus on a plate, top with broccoli steaks and drizzle over vinaigrette.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	342kcal	40g	14g	14g



Quinoa & Lentils with Garlicky Pumpkin Seeds

Serves 4

20 Minutes

For the quinoa:

6.2 oz. (175g) uncooked quinoa

For the garlicky pumpkin seeds:

4 garlic cloves, thinly sliced
2 tsp. coriander seeds, lightly crushed
2.5 oz. (70g) pumpkin seeds
½-1 tsp. red pepper flakes, to taste

To assemble:

6.2 oz. (175g) pre-cooked lentils
2 portions of Creamy Tofu Ricotta (see recipe in this pack)
4 portions of Homemade Pickled Red Onions (see recipe in this pack)

Bring 10 fl oz. (300ml) water to a boil in a medium pot. Add a pinch of salt and the quinoa. Reduce heat to low, cover, and cook for 12 minutes or until the water is absorbed. Fluff with a fork and set aside.

Heat 2 tbsp. olive oil in a pot over medium heat, add the garlic and cook for 1 minute. Stir in coriander and pumpkin seeds and cook for another 2-3 minutes. Add red pepper flakes and season with salt in the last 30 seconds. Remove from heat.

To assemble, layer the quinoa, lentils and ricotta in a bowl. Top with the garlicky pumpkin seeds and pickled onions. Serve warm or at room temperature.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	515kcal	54g	23g	23g



Creamy Coconut Udon with Mushroom

Serves 3

30 Minutes

10.6 oz. (300g) block of firm tofu, drained & cut into bite-sized pieces

3 shallots, finely sliced

2 garlic cloves, crushed or grated

$\frac{3}{4}$ inch (2cm) piece ginger, peeled & grated

7 oz. (200g) mushrooms

3 tbsp. brown rice miso paste

14 fl oz. (400ml) coconut milk, lite

1 pt. (500ml) hot vegetable stock

3.5 oz. (100g) dry udon noodles

5 oz. (150g) baby spinach, roughly chopped

1-2 limes, zested & juiced

Heat 1 tbsp. olive oil in a large skillet over medium-high heat. Add the tofu and cook for 10-12 minutes, turning occasionally, until golden and crispy. Set aside on kitchen paper.

In a large wok, heat another 1 tbsp. olive oil over medium-high heat. Add the shallots, garlic, ginger, and mushrooms, cook for 8-10 minutes until soft and fragrant.

Stir in the miso paste, coconut milk and vegetable stock. Bring to a boil, then add the udon noodles, cover and cook for 8-10 minutes, or until the noodles are tender.

Add the spinach and cooked tofu to the saucepan. Stir through and divide the mixture between bowls.

Garnish with lime juice, zest, and season to taste with salt and pepper. Serve warm.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	481kcal	43g	21g	25g



Quinoa Tomato Coconut Curry

Serves 3

30 Minutes

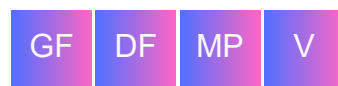
- 1 tbsp. coconut oil
- ½ onion, diced
- 2 garlic cloves, minced
- 0.5 oz. (15g) fresh ginger, grated
- 2.1 oz. (60g) red curry paste
- 7 oz. (200g) quinoa
- 3.5 oz. (100g) tomato paste
- 6.8 fl oz. (200ml) coconut milk, lite
- 1 pt. (500ml) vegetable stock
- ½ zucchini, diced
- 5.3 oz. (150g) green beans, trimmed
- 2.8 oz. (80g) frozen green peas
- 0.4 oz. (10g) fresh cilantro, chopped

Heat the coconut oil in a large pot over medium heat. Sauté the onion, garlic and ginger for 3 minutes. Add the curry paste and cook for 2 minutes.

Stir in the quinoa, tomato paste, coconut milk, and vegetable stock. Bring to a boil, then reduce heat to a simmer for 15 minutes.

Add the zucchini, green beans and peas, and continue cooking for 10 minutes, or until the vegetables are tender.

Serve in bowls, garnished with cilantro and a drizzle of coconut milk.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	458kcal	67g	16g	14g



Rustic White Bean Stew

Serves 4

30 Minutes

1 large onion, thinly sliced

1 tbsp. garlic, minced

12 fl oz. (360ml) vegetable stock

2x 14 oz. (400g) cans white beans (e.g. cannellini), drained

1 oz. (30g) basil leaves

8.5 oz. (240g) baby spinach leaves

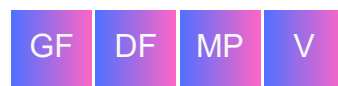
4 oz. (115g) vegan Parmesan cheese, shredded

Heat 2 tbsp. olive oil in a large pot over medium-low heat. Add the onions and garlic, cook for 10-15 minutes, stirring occasionally, until soft and golden.

Stir in the vegetable stock, scraping any browned bits from the bottom of the pot. Add the beans, bring to a boil, then reduce to a simmer for 5 minutes.

Add basil and spinach, stirring until wilted. Season with salt and pepper.

Stir in Parmesan and drizzle with olive oil before serving. Alternatively, garnish individual portions with Parmesan and olive oil.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	320kcal	27g	17g	16g



Vegetable Rice Bake

Serves 2

45 Minutes

1.8 oz. (50g) basmati rice

10.6 oz. (300g) frozen
broccoli

8.8 oz. (250g) mushrooms,
quartered

1 onion, thinly sliced

2 carrots, sliced

2 tbsp. all purpose flour

5.4 fl oz. (160ml) vegetable
stock

2.7 fl oz. (80ml) oat milk

2.1 oz. (60g) shredded
vegan cheese, divided

0.4 oz. (10g) panko
breadcrumbs

0.5 oz. (15g) fried onions

Preheat the oven to 320°F (160°C). Cook the rice according to the package instructions.

Boil the broccoli in salted water for 3-5 minutes until tender but still firm. Drain and set aside.

Heat 1 tbsp. olive oil in a pan over medium heat, add the mushrooms, onions and a pinch of salt, and sauté for 5 minutes.

Add the carrots and cook for 4-5 minutes. Stir in flour and cook for 1 minute.

Now add the vegetable stock, broccoli and rice to the pan. Mix well, then transfer to a casserole dish. Pour in oat milk and half the vegan cheese. Season with salt and pepper.

Combine the panko breadcrumbs with the fried onions and remaining cheese. Sprinkle the mixture over the casserole.

Bake in the oven for 25 minutes until crispy and golden. Serve warm.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	492kcal	73g	14g	16g



Keto Almond Orange Cookies

Serves 12

22 Minutes

7.9 oz. (225g) almond flour

½ tsp. baking soda

2 fl oz. (60ml) coconut oil,
melted & slightly cooled

2.8 oz. (80g) maple syrup

½ tsp. almond extract

½ tsp. orange extract

2.8 oz. (80g) dark chocolate
chips

Preheat the oven to 350°F (175°C). Line a baking sheet with baking paper.

In a bowl, mix the almond flour, baking soda, coconut oil, maple syrup, almond extract, orange extract and a pinch of salt until a dough forms.

Portion the dough into balls (about 2 tbsp. each) and place on the baking sheet, spacing them inches (8cm) apart. Press down to flatten slightly.

Bake the cookies for 11-12 minutes, or until golden. Remove from the oven and set on a wire rack to cool for 10 minutes.

Melt the chocolate in a double boiler, or microwave in 30-second intervals. Drizzle the chocolate over the cookies and refrigerate for 15 minutes until set.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	208kcal	12g	4g	16g



Refreshing Green Juice

Serves 4

10 Minutes

1 cucumber, chopped

4 celery stalks, sliced

4 green apples, cut into wedges

1 oz. (30g) fresh mint leaves

1 oz. (30g) ginger, peeled & diced

ice cubes

Place the cucumber, celery, apples, mint and ginger into a high speed blender, and blend until smooth.

Strain through a fine mesh sieve, then serve over ice, with a garnish of mint leaves or cucumber slices.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	133kcal	29g	2g	1g



Creamy Tofu Ricotta

Serves 4

10 Minutes

14 oz. (400g) block of extra-firm tofu, drained

0.7 oz. (20g) nutritional yeast

½ tsp. garlic powder

½ tsp. onion powder

zest of 1 medium lemon

1 tbsp. lemon juice, plus more to taste

Drain the tofu and press gently to remove excess water.

Crumble the tofu into the bowl of a food processor.

Add the remaining ingredients with an additional 1 heaped tsp. salt, some black pepper, and 1½ tbsp. extra virgin olive oil, then blend the mixture until it becomes creamy and smooth, pausing to scrape down the sides of the bowl as needed.

Taste the ricotta and adjust the seasoning to taste by adding more lemon juice or salt.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	154kcal	3g	13g	10g