



OCTOBER

Plant-Based Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



Contents & Key

- | | | |
|--|----|-------------------------------|
| 1. Air-Fried Tofu Breakfast Burrito | GF | Gluten Free |
| 2. Oatmeal Smoothie | DF | Dairy Free |
| 3. Chickpea Salad Sandwich | LC | Low Carb (<20g per serve) |
| 4. Blueberry Compote with PB Cream | MP | Meal Prep/Freezer Friendly |
| 5. Asian Mushroom Noodles Stir Fry | HP | High Protein (>20g per serve) |
| 6. Chili Jam Tofu Fried Rice | V | Vegetarian |
| 7. Spicy Eggplant Penne with Garlic & Tomatoes | Q | Quick (under 30 mins) |
| 8. BBQ Tofu Tacos with Pickled Cabbage | N | Contains Nuts |
| 9. Curried Seitan Salad with Mango Dressing | | |
| 10. Crispy Coconut Tofu with Lemongrass Curry | | |
| 11. Roasted Veggie & Chickpea Sheet Pan | | |
| 12. Creamy Pesto Kale Pasta | | |
| 13. Creamy Mango Rice Pudding | | |
| 14. Tomato Basil Hummus | | |
| 15. Matcha Coconut Granola | | |

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Air-Fried Tofu Breakfast Burrito	Asian Mushroom Noodles Stir Fry	Creamy Mango Rice Pudding	Curried Seitan Salad with Mango Dressing
Tuesday	Oatmeal Smoothie	Asian Mushroom Noodles Stir Fry	Tomato Basil Hummus	Creamy Pesto Kale Pasta
Wednesday	Chickpea Salad Sandwich	Chili Jam Tofu Fried Rice	Tomato Basil Hummus	Creamy Pesto Kale Pasta
Thursday	Chickpea Salad Sandwich	Chili Jam Tofu Fried Rice	Matcha Coconut Granola	Roasted Veggie & Chickpea Sheet Pan
Friday	Blueberry Compote with PB Cream	Spicy Eggplant Penne with Garlic & Tomatoes	Oatmeal Smoothie	Roasted Veggie & Chickpea Sheet Pan
Saturday	Blueberry Compote with PB Cream	Spicy Eggplant Penne with Garlic & Tomatoes	Matcha Coconut Granola	Meal Out - Enjoy!
Sunday	Air-Fried Tofu Breakfast Burrito	BBQ Tofu Tacos with Pickled Cabbage	Creamy Mango Rice Pudding	Crispy Coconut Tofu with Lemongrass Curry

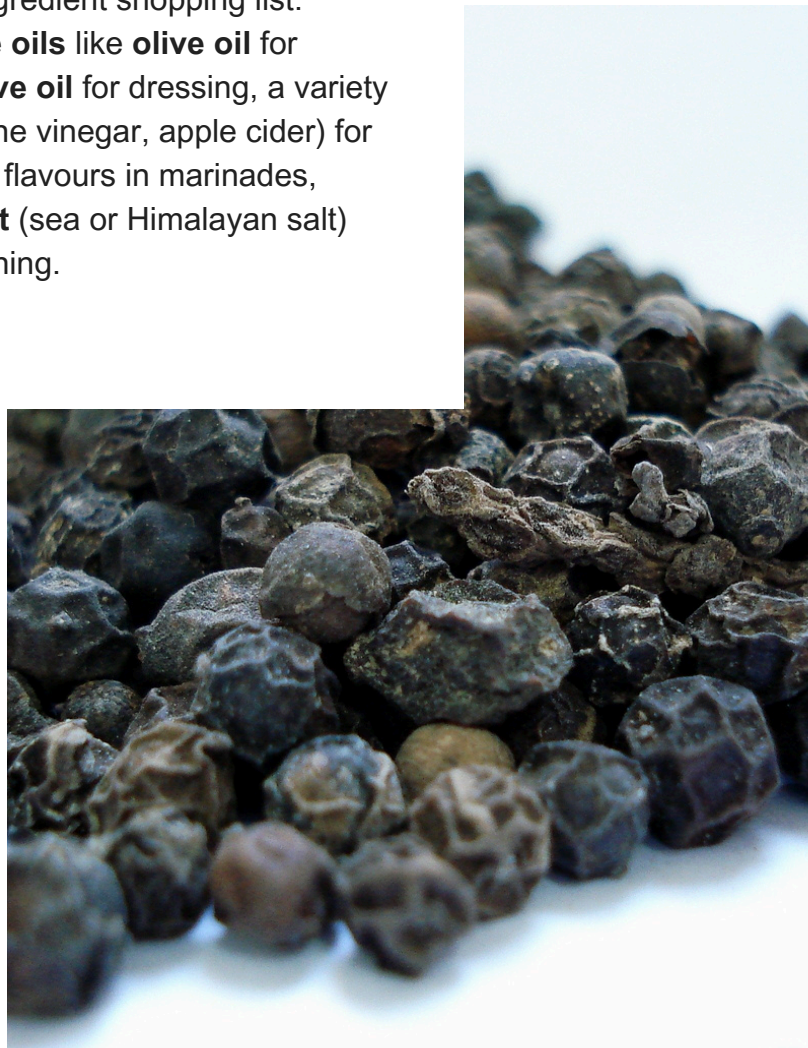
Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 3 avocados • 3 bananas • 3 lemons • 1 lime • 3 onions • 3 red onions • 3 bunches green onions (spring onion) • 2 bulbs garlic • root ginger • 1 Thai chili • 12 chillies (various colors) • 1 lemongrass stalk • celery • head of lettuce • 4 baby bok choy • 10.6 oz. (300g) pack kale • 1 red cabbage • 1 tomato • 1 small cucumber • 2 eggplants (aubergine - roughly 1.1 lb. / 500g total weight) • 8 oz. (225g) oyster mushrooms (or shiitake) • 1 carrot • pack baby carrots • 1 lb. (450g) asparagus • 1 lb. (450g) baby red potatoes • basil • cilantro (coriander) • dill • parsley • blueberries • mango 	<ul style="list-style-type: none"> • unsweetened almond milk • natural soy yogurt • plant based Greek style yogurt • plant based cream cheese • 1.1 lbs. (500g) firm tofu • 7 oz. (200g) firm smoked tofu • 5.3 oz. (150g) firm silken tofu • 8 oz. (225g) seitan 	<ul style="list-style-type: none"> • rolled oats • gluten free rolled oats • pudding rice • white rice • sliced/flaked almonds • shredded coconut (desiccated) • coconut flakes • pumpkin seeds • sesame seeds • cornstarch (corn flour) • vanilla extract • ground coriander • ground cumin • ground turmeric • garlic powder • paprika powder • smoked paprika powder • mild curry powder • chili powder • red pepper flakes (chili flakes) • ground cinnamon • ground cardamom • star anise • dried basil • dried thyme • dried oregano 	<ul style="list-style-type: none"> • coconut oil • sesame oil • coconut sugar • maple syrup • 4x 14 oz. (400g) cans chickpeas • 1x 14 oz. (400g) can lite coconut milk • 2x 14 oz. (400g) can whole plum tomatoes • tomato paste (puree) • vegetable broth (stock) • low sodium tamari sauce • rice vinegar • gochujang (or sriracha sauce) • chili jam • mango chutney • tahini • BBQ sauce • plant based mayonnaise • Dijon mustard • peanut butter • plant based pesto • whole wheat penne pasta • noodles • pack of cooked brown basmati rice • plant based vanilla protein powder • matcha powder • 4x corn tortilla wraps • 6x mini flour tortillas • sliced whole grain bread



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.





Air-Fried Tofu Breakfast Burrito

Serves 5

35 Minutes

14 oz. (400g) firm tofu, pad dry & cubed

2 tbsp. cornstarch

1 onion, diced

2 garlic cloves, minced

2 tbsp. tomato paste

1 tsp. ground cumin

1 tsp. ground coriander

1 tsp. paprika powder

½ tsp. chili powder

4 fl oz. (120ml) vegetable stock

Toppings:

4 corn tortilla wraps

4 tbsp. cilantro

½ red onion, sliced

Preheat the air fryer to 390°F (200°C).

Combine the tofu cubes with cornstarch, 2 tablespoons of olive oil and ½ teaspoon of salt. Bake in the air fryer for 20 minutes.

Sauté garlic & onion in a skillet for 5 minutes, until fragrant. Now add the tomato paste and dry spices and cook for a further 30 seconds.

Add the vegetable stock and deglaze the skillet, reducing the stock until the sauce thickens. Now add the fried tofu and coat each piece in the sauce.

Place the tofu on the wraps, top with cilantro and onion.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	257kcal	22g	13g	13g



Oatmeal Smoothie

Serves 1

5 Minutes

1 frozen banana, chopped into chunks

4 fl oz. (120ml) unsweetened almond milk

3 tbsp. rolled oats

1 oz. (30g) plant based vanilla protein powder

½ tsp. ground cinnamon

½ tsp. vanilla extract

Place all the ingredients into a high-speed blender and blend until smooth.

If the smoothie is too thick, add a little more milk to achieve the desired consistency.

Pour into a glass or bowl, top with your favorite smoothie toppings, and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	299kcal	41g	27g	3g



Chickpea Salad Sandwich

Serves 4

10 Minutes

17 oz. (480g) canned chickpeas, drained & rinsed

3 tbsp. lemon juice

2 tsp. Dijon mustard

½ tsp. garlic powder

1.8 oz. (50g) celery, finely chopped

3 tbsp. fresh dill, finely chopped

8 slices whole grain bread, toasted

4 tbsp. vegan mayonnaise

4 lettuce leaves

4 thin slices red onion

4 tomato slices

Combine the chickpeas, 2 tablespoons of olive oil, lemon juice, mustard and garlic powder in a large bowl. Using a fork or potato masher, crush the chickpeas until most are mashed but some are still whole. Stir in celery, dill, salt and pepper.

Take 4 slices of toasted bread and spread a tablespoon of mayonnaise on each. Top with a leaf of lettuce, onion, tomato and the chickpea mixture. Place on the remaining 4 slices of toast and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	587kcal	73g	22g	23g



Blueberry Compote with PB Cream

Serves 3

10 Minutes

4 tbsp. blueberry (frozen)

Mix the blueberries with the lemon juice and vanilla extract in a small blender or food processor. Remove into a bowl and set aside.

1 lemon, juiced

1 tsp. vanilla extract

Add bananas, cardamom, yogurt, peanut butter and a pinch of salt in a small blender and mix together.

3 bananas

1 tsp. ground cardamom

Divide the cream between 3 glasses or jars, and top with blueberry compote. Swirl a little with a spoon so the mixture comes together.

12 tbsp. natural soy yogurt

6 tbsp. peanut butter

Optional toppings (not included in nutritional breakdown): blueberries, peanut butter, nuts, granola or popped quinoa.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	341kcal	38g	9g	17g



Asian Mushroom Noodles Stir Fry

4 tbsp. tamari

2 tbsp. rice vinegar

2 tbsp. maple syrup

2 tbsp. toasted sesame oil, divided

1 tbsp. gochujang

8 oz. (225g) oyster mushrooms, or sliced shiitake mushrooms

4 oz. (115g) rice noodles

4.2 oz. (120g) carrots, julienned or coarsely shredded

6 green onions, cut into 1"(2.5cm) pieces

12 oz. (340g) baby bok choy stems trimmed, leaves separated

2 tsp. toasted sesame seeds, to garnish

Serves 3

25 Minutes

Add the tamari, rice vinegar, maple syrup, 1 tablespoon of sesame oil, and gochujang to a medium bowl, stir to combine and set aside.

Remove the stem of the oyster mushrooms with a sharp knife and discard the stem.

Cook the noodles to al dente, using package instructions. Heat the remaining sesame oil in a large non-stick skillet or wok, over medium-high heat. Stir-fry the mushrooms for 7 minutes, until golden brown. Transfer to a plate.

Add the carrots and green onions to the skillet and stir-fry for a minute. Add the bok choy and cook for a further minute, until the leaves wilt.

Add the cooked noodles and sauce to the skillet and stir to combine. Fold in the mushrooms and heat until warmed through. Garnish with toasted sesame seeds.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	347kcal	57g	5g	11g



Chili Jam Tofu Fried Rice

Serves 2

15 Minutes

6 green onions, finely sliced

8.8 oz. (250g) pack of cooked brown basmati rice

2 heaped tsp. chili jam

splash of water

10.5 oz. (300g) firm silken tofu

Place a large non-stick skillet over medium-high heat. Add 1 tablespoon of olive oil and green onions and sauté for 1 minute.

Add the rice, chili jam, water, salt and pepper, then toss for 2 minutes until everything is well coated.

Push the rice to the sides of the pan, making a big well in the middle. Break in the tofu, then fold the rice back through until it's all looking good. Season to taste.

Lightly oil the inside of a bowl, add the stir-fried rice, gently compacting it with the spatula, and turn out onto a plate.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	300kcal	37g	11g	12g



Spicy Eggplant Penne with Garlic & Tomatoes

Serves 4

30 Minutes

2 eggplants (aubergines)

10.6 oz. (300g) dried
wholewheat penne

2 tbsp. chili oil

4 cloves garlic, sliced

1x 14 oz. (400g) tin plum
tomatoes, with juices

chili flakes, to taste

Halve the eggplants and blanch in boiling water for 5 minutes. Remove and chop into 1-inch (3cm) chunks.

In the same water, cook the pasta according to package instructions.

Heat chili oil in a large pan. Add eggplants, salt, and pepper, and fry on high heat, stirring regularly.

Add garlic and cook for 2 minutes. Pour in tomatoes, breaking them up, and stir in chili flakes. Simmer until the pasta is ready.

Drain pasta, reserving some cooking water. Toss pasta with the sauce, adding cooking water as needed. Serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	437kcal	77g	12g	9g



BBQ Tofu Tacos with Pickled Cabbage

Serves 4

20 Minutes

For the tofu:

10.5 oz. (300g) firm smoked tofu
1 tsp. smoked paprika
½ tsp. ground cumin
½ tsp. red pepper flakes
1 tsp. cornstarch
sea salt & black pepper

For the pickle:

½ onion, shredded
7.9 oz. (225g) purple cabbage, shredded
1 lime, juiced
handful of chopped cilantro

For the bbq sauce:

3 tbsp. BBQ sauce
1 tbsp. tomato paste

For the tacos:

1 avocados, smashed
6 mini tortillas

Preheat the oven to 390°F (200°C).

Press tofu to remove excess water then coarsely grate. Place into a bowl with spices, cornstarch, salt and pepper and stir. Spread evenly on a baking sheet, drizzle with 1 tablespoon of olive oil and bake for 10 minutes.

To make the pickled cabbage, combine all ingredients in a bowl, season with salt & pepper and toss well until the cabbage and onion turn bright pink. Set aside.

Place all the sauce ingredients into a small bowl, add 1 tablespoon of water and stir to combine. Once tofu is cooked, pour over the sauce and stir to coat evenly.

Dry fry the tortillas, then top with smashed avocado, tofu and pickled cabbage. Squeeze over extra lime juice and garnish with cilantro.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	616kcal	58g	24g	32g



Curried Seitan Salad with Mango Dressing

Serves 4

20 Minutes

For the dressing:

4 oz. (110g) mango chutney
3 oz. (85g) peanut butter
2.7 fl oz. (80ml) water

For the salad:

10.5 oz. (300g) seitan, cut
into bite-size strips

3 cloves garlic, minced (1
tbsp)

$\frac{3}{4}$ tsp. mild curry powder

14 oz. (400g) purple
cabbage, shredded

1 small cucumber, sliced
into thin half moons

3 green onions, thinly sliced

Place all the dressing ingredients into a blender and blend until smooth. Set aside.

Heat 2 teaspoons of oil in a large skillet over medium heat. Add the seitan, season with salt, and sauté for 5-7 minutes.

Add the garlic and 1 teaspoon of oil, and sauté for 30 seconds. Add the curry powder and sauté for 2 minutes. Remove from heat, and keep warm.

Place cabbage and cucumber in a large bowl, drizzle over dressing and stir to combine. Top with warm seitan and green onions. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	401kcal	41g	21g	17g



Crispy Coconut Tofu with Lemongrass Curry

Serves 2

30 Minutes

For the tofu:

10.6 oz. (300g) firm tofu
3 tbsp. tamari sauce
6 tbsp. unsweetened
shredded coconut
1 oz. (30g) cornstarch

For the lemongrass curry:

3 green onions, sliced
4 cloves garlic, sliced
2" (5cm) root ginger, grated
1 Thai chili, sliced
1 tbsp. fresh lemongrass,
minced
2 tsp. ground turmeric
1 tbsp. tamari sauce
14 oz. (400g) can lite
coconut milk
2 tsp. coconut sugar

To serve:

10.5 oz. (300g) cooked
white rice
2 tbsp. cilantro, chopped
1 tsp. sesame seeds

Cut the tofu into slices, coat in the tamari sauce and set aside.

Add 1 tablespoon of the olive oil into a skillet and sauté the green onions, garlic, ginger, chili and lemon grass for 1 minute.

Add the turmeric and tamari and stir to combine. Add the coconut milk, bring to a boil, then reduce to a simmer and add the sugar. Simmer for 10-15 minutes to thicken the sauce.

Place the coconut and corn starch in a shallow bowl and stir to combine. Cover the marinated tofu in the coconut mixture.

Heat another tablespoon of olive oil in a separate skillet over medium-high heat and saute the tofu for a few minutes on each side until golden and crispy.

Serve the cooked rice into bowls, top with the lemongrass curry and coconut crusted tofu, garnish with cilantro and sesame seeds.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	709kcal	57g	19g	45g



Roasted Veggie & Chickpea Sheet Pan

Serves 4

50 Minutes

1 lb. (450g) baby red potatoes, sliced in half lengthwise

13.4 oz. (380g) carrots, halved lengthwise

8.4 oz. (240g) canned chickpeas, drained & rinsed

1 tsp. dried basil

1 tsp. dried thyme

1 tsp. dried oregano

1 tsp. paprika

½ tsp. garlic powder

1 lb. (450g) asparagus, ends trimmed

½ large yellow onion, sliced lengthwise

fresh parsley, chopped

1 avocado, quartered

Preheat the oven to 425°F (220°C). Line a rimmed baking sheet with parchment paper, lightly greased with oil.

Add the potatoes (flesh side down), carrots and chickpeas to the baking sheet, add 1½ tablespoons of olive oil and ¾ of the dried herbs and spices, toss to coat. Place in the oven for 20-25 minutes.

Carefully remove the pan from the oven, push the potato mixture to one side, add the onion and asparagus, remaining oil, dry herbs and spices, and toss to coat.

Place the sheet pan back in the oven and roast for 10-15 minutes. Remove from the oven and set aside to cool for a few minutes before serving.

Divide equally in serving bowls, top with parsley and serve avocado on the side.

Store: Leftovers can be stored in an airtight container in the refrigerator for up to 5-6 days.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	534kcal	68g	16g	22g



Creamy Pesto Kale Salad

Serves 4

20 Minutes

2 red onions, thinly sliced

10.6 oz. (300g) kale

10.6 oz. (300g) pasta of choice

4 tbsp. plant based cream cheese

4 tbsp. fresh plant based pesto

Heat 1 tablespoon of olive oil in a large pot over medium heat. Add the onions and sauté for 10 minutes until softened and beginning to caramelize.

Add the kale and 3.4 fl oz. (100ml) water, then cover and cook for 5 minutes, until the kale has wilted.

Cook the pasta following the pack instructions. Drain, reserving a little of the cooking water.

Toss the pasta with the onions, adding the cream cheese and pesto. If needed, add some of the reserved cooking water to loosen. Season with salt and pepper and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	440kcal	64g	10g	16g



Creamy Mango Rice Pudding

Serves 4

30 Minutes

5.3 oz. (150g) pudding rice

4 star anise

12.3 oz. (350g) frozen mango chunks

4 tbsp. maple syrup, divided

4 tbsp. Greek-style plant based yogurt

Place the rice, star anise, mango, 3 tablespoons of maple syrup and a pinch of salt in a pot over medium heat.

Cover with 1.5 pt. (700ml) water, stir to combine, and simmer for 25 minutes, or until thick and creamy, stirring occasionally.

Stir through the yogurt, then divide between 4 bowls.

Drizzle over the remaining maple syrup and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	244kcal	57g	4g	0g



Tomato Basil Hummus

Serves 4

1 Hour 10 Minutes

8.4 oz. (240g) canned chickpeas, drained & rinsed

Place the chickpeas into a high speed blender or food processor, and blend.

10.5 oz. (300g) can whole tomatoes

Add the tomatoes, 2 tablespoons olive oil, tahini, lemon juice, garlic, cumin, ½ teaspoon of salt and basil and blend again until the ingredients form a creamy, paste-like consistency.

2 tbsp. tahini

Pour the hummus into a large serving bowl.

2 tbsp. lemon juice

Cover and refrigerate for 1 hour before serving.

1 clove garlic, crushed

Storage: Store in an airtight container, in the refrigerator, for up to 4 days.

¼ tsp. ground cumin

2½ tbsp. chopped fresh basil



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	166kcal	21g	7g	6g



Matcha Coconut Granola

Serves 10

1 Hour 5 Minutes

5.3 oz. (150g) gluten-free rolled oats

4.4 oz. (125g) unsweetened flaked coconut

2 oz. (55g) pumpkin seeds

2 oz. (55g) sliced almonds

3 tbsp. coconut oil, melted

2.7 fl oz. (80ml) maple syrup

1 tsp. vanilla extract

2 tsp. matcha powder

Preheat the oven to 300°F (150C).

In a large bowl, combine the rolled oats, flaked coconut, pumpkin seeds and sliced almonds.

In a separate bowl, combine the coconut oil, maple syrup, vanilla extract and ¼ teaspoon of salt. Pour over oat mixture and toss to coat completely.

Spread the mixture out onto a large baking sheet and bake for 1 hour, stirring once halfway through to ensure an even cook.

Remove from the oven and set the baking sheet on a wire rack to cool for 15 minutes.

Transfer the granola to a large bowl, sprinkle matcha over top, and toss to combine.

Storage: Store in an airtight container, on the countertop, for up to 1 month.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	287kcal	23g	6g	19g