



Midlife Vegan Recipe Pack

40 Healthy Tasty Vegan Recipes for Every Meal





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Contents & Key

31. Pre-Workout Oat, Banana & Flaxseed Smoothie	GF	Gluten Free
32. Post-Workout Loaded Chocolate Protein Smoothie	DF	Dairy Free
33. Quick Vegan Nutella	LC	Low Carb (<20g per serve)
	MP	Meal Prep/Freezer Friendly
34. Date, Almond & Coconut Energy Balls	HP	High Protein (>20g per serve)
35. Green Energy Balls	V	Vegetarian
	Q	Quick (under 30 mins)
36. Simple Almond & Oat Cookies	N	Contains Nuts
37. Banana & Walnut Muffins		
38. Lemon & Berry Cheesecake with Coconut & Walnut Base		
39. Peach Almond Cake		
40. Avocado Chocolate Brownies		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Mediterranean Chickpeas on Toast	Quinoa Tabbouleh Salad	E.g Simple Almond & Oat Cookies	Wild Rice Salad with Balsamic Dressing
Tuesday	Mediterranean Chickpeas on Toast	Quinoa Tabbouleh Salad	E.g Simple Almond & Oat Cookies	Thai Red Sweet Potato Curry
Wednesday	Minty Green Pea Dip	Leftover Thai Red Sweet Potato Curry	E.g Simple Almond & Oat Cookies	Garlicky Zucchini & Tomato Pasta
Thursday	Banana & Walnut Muffins	Chickpea 'Tuna' Salad	E.g Simple Almond & Oat Cookies	Garlicky Zucchini & Tomato Pasta
Friday	Fluffy Banana & Strawberry Pancakes	Chickpea 'Tuna' Salad	E.g Simple Almond & Oat Cookies	Sesame Tempeh & Vegetable Stir-Fry
Saturday	Fluffy Banana & Strawberry Pancakes	Wild Rice Salad with Balsamic Dressing	E.g Simple Almond & Oat Cookies	Meal Out - Enjoy!
Sunday	Berry Protein Smoothie Bowl	Wild Rice Salad with Balsamic Dressing	E.g Simple Almond & Oat Cookies	Sesame Tempeh & Vegetable Stir-Fry

Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
• 5 bananas • 2 lemons • 3 limes • 1 avocado • strawberries • 2 shallots • 1 bulb garlic • 2 tomatoes • 1 cucumber • 2 bell peppers • 1 red onion • 1 white onion • 2 sweet potatoes • 2 zucchinis • 2 box cherry tomatoes • ginger • 2 carrots • 1 broccoli • rocket • frozen red berries • frozen green peas • 2 bunches parsley • 2 bunches mint • 1 bunch coriander • chives	• almond milk • coconut milk • coconut yogurt • vegan parmesan • tempeh	• Grains • quinoa • white rice • wild rice mix • brown rice • brown rice pasta • porridge oats • spelt flour • oat flour • baking powder • baking soda • almond meal • bread • peanuts • sesame seeds • walnuts • roasted almonds	• coconut oil • sesame oil • brown sugar • maple syrup • • smoked paprika • paprika • chili flakes • dried parsley • vegan vanilla protein powder • nori • Thai red curry paste • vegetable stock cubes • 2 cans chopped tomatoes • 2 cans chickpeas • black olives • maple syrup • vegan mayo • sweetcorn • almond butter • coconut milk (light) • rice wine vinegar • tamari • roasted peppers • balsamic vinegar

Sample Weekly Meal Planner Two

	Breakfast	Lunch	Snack	Dinner
Monday	Chickpea Scramble Breakfast Bowl	Green Beans & Cherry Tomato Salad with Cilantro Dressing	Eg. Green Energy Balls	Chickpea & Vegetable Tahini Tray Bake
Tuesday	Chickpea Scramble Breakfast Bowl	Green Beans & Cherry Tomato Salad with Cilantro Dressing	Eg. Green Energy Balls	Sweet Potato & Black Bean Bake
Wednesday	Carrot Cake Pancakes with Almond Caramel Syrup	Leftover Sweet Potato & Black Bean Bake	Eg. Green Energy Balls	Roasted Aubergine & Sun Dried Tomato Pasta
Thursday	Carrot Cake Pancakes with Almond Caramel Syrup	Potato & Sundried Tomato Salad	Eg. Green Energy Balls	Roasted Aubergine & Sun Dried Tomato Pasta
Friday	Simple Banana Breakfast Oats	Potato & Sundried Tomato Salad	Eg. Green Energy Balls	The Best Tempeh Bolognese
Saturday	Simple Banana Breakfast Oats	Quinoa, Bean & Sweet Potato Burger	Eg. Green Energy Balls	Meal Out - Enjoy!
Sunday	Breakfast Oat & Berry Cookies	Quinoa, Bean & Sweet Potato Burger	Eg. Green Energy Balls	The Best Tempeh Bolognese

Weekly Shopping List Two

Produce	Protein	Dry Goods	Staples & Misc
• 1 avocados • 1 bananas • 2 lemons • 5 onions • 1 zucchini • 2 aubergines • 2 red bell peppers • 2 bulbs garlic • spinach • 2 carrots • berries • green beans • cherry tomatoes • baby potatoes • 3 sweet potatoes • 2 bunches coriander • chives • 1 bunch basil • 1 bunch parsley	• almond milk • tempeh • vegan cheese • coconut yogurt	• rolled oats • oat milk • quinoa • pasta • oat flour • coconut flour • baking powder • baking soda • almond meal • turmeric • paprika • cinnamon • nutmeg • rosemary • chili flakes • mixed herbs • cumin • smoked paprika • sesame seeds	• olive oil • coconut oil • desiccated coconut • maple syrup • coconut sugar • vegan vanilla protein powder • matcha powder • 2 cans chickpeas • peanut butter • almond butter • green olives • sundried tomatoes • capers • wholegrain mustard • apple cider vinegar • 1 can kidney beans • 3 cans chickpeas • tahini • 2 cans chopped tomatoes • tomato puree • 2 cans black beans



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 vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





Mediterranean Chickpeas on Toast

Serves 4

25 Minutes

- 2 tsp. olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- ½ tsp. smoked paprika
- ½ tsp. sweet paprika
- ½ tsp. brown sugar
- 14 oz. (400g) chopped tomatoes
- 14 oz. (400g) chickpeas, drained
- 4 slices bread, toasted
- A handful of parsley, chopped, for garnish
- 2 oz. (60g) olives, halved, for garnish

Heat the olive oil in a medium pan over medium-high heat. Sauté the shallots for 2-3 minutes. Add the garlic and cook for 1-2 minutes until fragrant.

Stir in both paprikas and brown sugar. Add the tomatoes and 2 tablespoons of water. Reduce heat to low-medium and simmer for 10 minutes until thickened.

Stir in the chickpeas and season with salt and black pepper. Cook for 5 minutes until heated through.

Serve the chickpea mixture over toasted bread. Garnish with parsley and olives.



DF	MP	V	Q	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	244kcal	35g	8g	8g



Chickpea Scramble

Breakfast Bowl

Serves 2

20 Minutes

11.6 oz. (330g) canned chickpeas, drained

½ tsp. turmeric

½ tsp. paprika

2 tsp. olive oil

1 small onion, finely diced

2 cloves garlic, minced

8 oz. (230g) spinach

½ avocado

Mash the chickpeas, leaving some whole for texture. Mix in turmeric, paprika, salt, and pepper.

Heat olive oil in a pan over medium-high heat. Sauté onion and garlic for 2-3 minutes.

Add chickpeas and cook for 5 minutes, stirring occasionally. Transfer to a bowl, cover with foil, and set aside.

Wilt spinach in the same pan with a tablespoon of water.

Divide spinach between two bowls. Top with chickpeas and sliced avocado. Serve.



GF	DF	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	465kcal	59g	19g	17g



Simple Banana Breakfast Oats

Serves 2

5 Minutes

- 3.1 oz. (90g) oats
- 2 ripe bananas, mashed
- 2 tbsp. peanut butter
- assorted nuts and seeds, for garnish (optional)
- seasonal fruit, for garnish (optional)

Divide the oats between two bowls. Add 3 tbsp of water to each. Stir in a mashed banana. Let stand for 10 minutes. Drizzle with peanut butter and garnish with nuts, seeds, and seasonal fruit.



DF	MP	V	Q	N
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	396kcal	61g	11g	12g



Fluffy Banana & Strawberry Pancakes

Serves 4

30 Minutes

- 2 ripe bananas, mashed
- 3.9 oz. (110g) spelt flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. lemon juice
- 6 fl. oz. (180ml) almond milk, unsweetened
- 5.2 fl. oz. (150g) strawberries, sliced (reserve some for garnish)
- 1 tbsp. coconut oil, plus more for cooking
- 4 tbsp. coconut yogurt
- 4 tbsp. maple syrup

Mash bananas in a large bowl. Add flour, baking powder, baking soda, and lemon juice. Mix until combined. Stir in almond milk until thick. Fold in sliced strawberries, reserving some for garnish.

Heat coconut oil in a non-stick pan over medium heat. Spoon ¼ cup of batter per pancake into the pan (makes 8). Cook for 3 minutes until bubbles form, then flip and cook for another minute.

Serve with coconut yogurt, maple syrup, and reserved strawberries.

Note: Nutrition Information (per 2 pancakes)



DF	MP	V	N	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	273kcal	51g	6g	5g



Carrot Cake Pancakes

Almond Caramel Syrup

Serves 3

50 Minutes

- Pancakes:**
- 4.9 oz. (140g) oat flour
 - 1 tsp. cinnamon
 - ¼ tsp. ground ginger
 - ¼ tsp. ground nutmeg
 - 1¼ tsp. baking powder
 - ½ tsp. baking soda
 - 6 oz. (180ml) oat milk
 - 2 tbsp. almond butter
 - 2 tsp. lemon juice
 - 2 tbsp. maple syrup
 - 3.9 oz. (110g) grated carrots
 - 1 tbsp. coconut oil (for cooking)

- Almond Caramel:**
- 4 tbsp. maple syrup
 - 2 tbsp. almond butter

Combine oat flour, cinnamon, ginger, nutmeg, baking powder, and baking soda in a bowl. Whisk in oat milk, almond butter, lemon juice, and maple syrup until smooth, then stir in grated carrots.

Heat a non-stick pan over medium heat and lightly grease with coconut oil. Ladle 2 tablespoons of batter per pancake into the pan and cook for 2 minutes on each side.

For the almond caramel, heat maple syrup in a pot over low heat until it boils. Remove from heat, stir in almond butter and a pinch of salt, then return to heat and simmer, stirring for 1 minute until thickened. Serve pancakes with warm almond caramel sauce.

Note: Makes 9 pancakes, 3 per serve.



DF	MP	V	N	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	383kcal	50g	12g	15g



Berry Protein Smoothie Bowl

Serves 1

5 Minutes

- 3.5 oz. (150g) frozen red berries
- 1 small banana, frozen
- 4 tbsp. plain coconut milk, from carton
- 1 oz. (30g) vanilla vegan protein powder

Blend the frozen berries and banana on low for 30 seconds. Add the coconut milk and protein powder, then blend until smooth, scraping the sides as needed.

Adjust the milk to reach your desired consistency. Transfer to a bowl and garnish with your favorite toppings.

Note: Toppings are not included in the nutrition information.



GF	DF	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	326kcal	57g	20g	2g



Breakfast Oat & Berry Cookies

Serves 9

30 Minutes

- 3 oz. (90g) rolled oats
- 1 oz. (30g) almond meal
- 3 tbsp. desiccated coconut
- 1 tsp. cinnamon
- ¼ tsp. baking soda
- 3 tbsp. almond butter
- 3 tbsp. maple syrup
- 1 medium ripe banana, mashed
- A handful of fresh berries

Preheat the oven to 320°F (160°C) and line a baking tray with parchment paper.

Mix oats, almond meal, coconut, cinnamon, baking soda, almond butter, syrup, and banana in a bowl. Chill in the freezer for 10-15 minutes.

With wet hands, form 9 balls, place on the tray, and flatten. Press berries on top.

Bake for 20 minutes, until golden. Cool completely before serving.



DF	LC	MP	V	N
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	134kcal	17g	3g	6g



Minty Green Pea Dip

Serves 4

15 Minutes

- 8.8 oz. (250g) frozen green peas
- 1 clove of garlic
- 2 tbsp. lemon juice
- ½ avocado
- 2-3 sprigs of fresh mint, leaves only

Place frozen peas in a bowl, cover with boiling water, and let sit until defrosted. Drain.

Blend peas, garlic, lemon juice, avocado, and mint in a food processor. Season with salt and pepper.

If too thick, add 1-2 tablespoons of cold water and blend again.

Adjust seasoning as needed. Serve with vegetables, crisps, crackers, or pita bread.



GF	DF	LC	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	100kcal	12g	4g	4g



Easy Sundried Tomato Hummus

Serves 4

5 Minutes

- 8.8 oz. (250g) chickpeas, drained
- 1.5 oz. (45g) sundried tomatoes in oil
- 1 clove garlic
- juice of ½ lemon
- 2 tbsp. olive oil
- ½ tsp. salt
- 4 tbsp. water

Place the chickpeas, sundried tomatoes, garlic, lemon juice, olive oil, and salt in a food processor. Blend until creamy, pausing to scrape down the sides as needed.

Gradually add water until the desired consistency is achieved.

Serve with raw vegetables or crackers.



GF	DF	LC	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	205kcal	24g	7g	9g



The Best Baba Ghanoush

Serves 6

55 Minutes

- 2 medium eggplants (aubergines)
- 2 cloves garlic, crushed
- juice of 1 lemon
- 4 tbsp. tahini
- 2 tbsp. olive oil, plus more for brushing
- ½ tsp. ground cumin
- smoked paprika, for garnish
- 1 tbsp. parsley, chopped, for garnish

Preheat the oven to 450°F (230°C) and line a baking tray with parchment paper.

Halve the eggplants lengthwise, brush them with olive oil, and place them cut-side down on the tray. Roast for 35-40 minutes until tender. Let them cool, then scoop out the flesh and discard the skin. Drain the eggplant flesh in a sieve over a bowl.

Transfer the drained eggplant to a mixing bowl. Add crushed garlic, lemon juice, tahini, olive oil, and ground cumin. Mash until creamy and season with salt. Serve in a bowl garnished with smoked paprika and chopped parsley.



GF	DF	LC	MP	V
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	162kcal	14g	4g	10g



Quinoa Tabbouleh Salad

Serves 4

25 Minutes

- 6 oz. (170g) quinoa
- 2 medium tomatoes, finely diced
- 1 small cucumber, finely diced
- 1 bell pepper, finely diced
- 1 red onion, finely diced
- 1 oz. (30g) parsley, chopped
- 0.5 oz. (15g) mint, chopped
- juice of 2 limes
- 2 tbsp. olive oil

Cook quinoa to package instructions. Transfer to a large bowl.

Add diced tomatoes, cucumber, bell pepper, red onion, parsley, and mint.

Squeeze lime juice, drizzle olive oil, and season with salt and pepper.

Mix well. Serve as a salad or side dish.

Storage: Store covered in the refrigerator for up to 3 days.



GF	DF	MP	V	Q
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	274kcal	38g	8g	10g



Green Beans & Tomato Salad Cilantro Dressing

Serves 4

20 Minutes

1 lb. (450g) green beans

5.2 oz. (150g) cherry tomatoes

Dressing:

1 clove garlic, minced

0.5 oz. (15g) coriander, chopped

2 tbsp. lemon juice

4 tbsp. olive oil

Trim the green beans. Boil water, cook the beans for 3 minutes, drain, and cool with cold water.

Halve cherry tomatoes and put them in a bowl. Cut the cooled beans into 1-2 inch pieces and add to the bowl.

Blend all dressing ingredients until smooth. Season with salt and pepper.

Pour dressing over beans and tomatoes. Toss to coat. Serve or refrigerate for 2-3 days.



GF	DF	LC	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	195kcal	12g	3g	15g



Chickpea ‘Tuna’ Salad

Serves 4

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10 Minutes

- 14 oz. (400g) chickpeas, drained
- 2 nori sheets
- 2 tbsp. vegan mayo (or tahini)
- 2 tbsp. lemon juice
- 6.1 oz. (175g) sweetcorn, drained
- 1 small onion, finely diced

Mash the chickpeas with a fork, leaving some chunks.

Blend nori sheets until flaky and add to the chickpeas.

Mix in vegan mayo (or tahini), lemon juice, sweetcorn, and diced onion. Stir well.

Serve as is or as a filling for sandwiches and jacket potatoes.

Store in the fridge for 4-5 days.



GF	DF	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	280kcal	41g	11g	8g



Potato & Sundried Tomato Salad

Serves 4

30 Minutes

- 1 lb. (450g) baby potatoes
- 3 oz. (90g) green olives, halved
- 2.4 oz. (70g) sundried tomatoes, drained & roughly chopped
- 2 tbsp. capers, drained
- A handful of chives, chopped
- 1 tbsp. oil from sundried tomatoes
- 1 tbsp. wholegrain mustard
- 1 tbsp. apple cider vinegar

Place the potatoes in salted water, boil, and simmer for 20 minutes or until tender. Drain and rinse with cold water.

Once cool, peel and halve potatoes and add them to a bowl with olives, sundried tomatoes, capers, and chives.

Whisk together sundried tomato oil, mustard, and apple cider vinegar in a separate bowl. Drizzle over the salad, toss to combine, and season with salt and pepper.

Serve immediately or chill.



GF	DF	MP	V
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	207kcal	31g	5g	7g



Wild Rice Salad with Balsamic Dressing

Serves 4

30 Minutes

- 6.5 oz. (185g) wild rice
- 5.6 oz. (160g) roasted peppers, drained & chopped
- 1 oz. (30g) roasted almonds, chopped
- 5.2 oz. (150g) cherry tomatoes, halved
- 2 oz. (60g) rocket (arugula)
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- ½ tsp. chili flakes
- sea salt and black pepper, to taste

Cook the wild rice as directed and let it cool in a mixing bowl.

Add roasted peppers, almonds, cherry tomatoes, and rocket to the rice.

Drizzle with balsamic vinegar and olive oil, and sprinkle with chili flakes.

Season with salt and pepper, then mix well.

Serve immediately, or let it sit for a few minutes to meld flavors.



GF	DF	MP	V
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	268kcal	40g	9g	8g



Quinoa, Bean & Sweet Potato Burger

Serves 4

1 Hour 5 Minutes

- 1 sweet potato
- 2. oz. (60g) quinoa, raw
- 14 oz. (400g) can of kidney beans, drained
- 1 tsp. rosemary
- ½ tsp. chili flakes
- 1½ tbsp. olive oil

Preheat the oven to 410°F (210°C).

Cut the sweet potato into ¾ inch (2 cm) pieces. Place in an ovenproof dish, drizzle with ½ tbsp olive oil, and season with salt, pepper, rosemary, and chili flakes. Bake for 25-30 minutes, until tender.

Let the sweet potato cool, then peel and mash in a bowl. Add the drained kidney beans and mash together.

Cook the quinoa as per package instructions. Add it to the sweet potato and beans. Season with salt and pepper, and stir to combine.

With wet hands, form four burgers. Brush each with the remaining olive oil.

Place the burgers on a foil-lined tray and bake at 410°F (210°C) for 20-25 minutes, until firm and browned.



GF	DF	MP	V
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	206kcal	30g	8g	6g



Curried Tofu & Raisin Salad

Serves 4

15 Minutes

- 7 oz. (200g) tofu, drained & crumbled
- 2 celery sticks, chopped
- 1 small onion, diced
- 4 tbsp. almonds, chopped
- 4 tbsp. raisins
- 3 tbsp. vegan mayonnaise
- 1 tsp. curry powder
- 1 tbsp. chopped dill

Crumble the tofu in a large bowl. Add celery, onion, almonds, raisins, and vegan mayo.

Season with curry powder, dill, salt, and pepper. Mix well.

Storage: Refrigerate for up to 4-5 days.



GF	DF	LC	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	206kcal	13g	7g	14g



Roasted Sweet Potatoes with Miso Sauce

Serves 4

40 Minutes

- 1.3 lbs. (600g) sweet potatoes, washed
- 1 tbsp. olive oil
- A handful of coriander, chopped
- 2 tbsp. chopped almonds

- Sauce:**
- 2 tbsp. white miso paste
 - 1 tbsp. rice vinegar
 - 1 tbsp. maple syrup
 - 2 tsp. sriracha
 - 1 tbsp. soy yogurt

Preheat the oven to 425°F (220°C).

Cut the sweet potatoes into wedges. Place them on a baking tray, drizzle with olive oil, and season with salt and pepper. Bake for 30 minutes or until soft and slightly charred.

Mix the sauce ingredients in a bowl.

Arrange the baked potatoes on a dish, drizzle with sauce, and top with chopped almonds and coriander.



GF	DF	MP	V	N
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	202kcal	33g	4g	6g



Kale, Sweet Potato & Quinoa Salad

Serves 4

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1 Hour

- 2 medium sweet potatoes,
cubed
- 2 tbsp. olive oil, divided
- 2.9 oz. (85g) quinoa,
uncooked
- 1 red onion, cut into wedges
- 2 cloves garlic, minced
- 1 bunch curly kale,
de-stemmed and torn
- 2 tbsp. balsamic vinegar
- 1 tsp. thyme

Preheat the oven to 400°F (200°C).

Arrange sweet potatoes in a baking dish, drizzle with 1 tbsp olive oil and season with salt and pepper. Bake for 25-30 minutes until tender. Cool.

Cook the quinoa as per package instructions. Cool.

Heat 1 tbsp olive oil in a skillet over medium heat. Sauté onion and garlic for 10 minutes until golden brown. Add kale and cook until wilted. Cool.

Combine sweet potatoes, quinoa, and kale in a bowl. Drizzle with balsamic vinegar, add thyme, and season with salt and pepper. Stir.

Serve chilled or at room temperature.



GF	DF	MP	V
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	233kcal	32g	6g	9g



Thai Red Sweet Potato Curry

Serves 4

45 Minutes

- 2 tsp. coconut oil
- 1 white onion, diced
- 2 cloves garlic, minced
- 4 tbsp. Thai red curry paste
- 2 sweet potatoes, peeled & diced
- 14 oz. (400g) can chopped tomatoes
- 8 oz. (240ml) vegetable stock
- 2 oz. (60g) smooth natural peanut butter
- 4 fl. oz. (120ml) light canned coconut milk
- juice of 1 lime
- 1 lb. (480g) cooked white rice
- 4 tbsp. peanuts, chopped
- 2 tbsp. handful of coriander, chopped

Heat the coconut oil in a large pan over medium heat. Sauté the onion until soft. Add the garlic and red curry paste, stirring well.

Add the sweet potatoes, tomatoes, and vegetable stock. Season with salt and pepper. Bring to a boil, then reduce heat and simmer for 30-35 minutes until the sweet potatoes are tender.

Whisk the peanut butter and coconut milk in a small bowl until smooth. Pour into the pan, stirring to combine. Remove from heat, add lime juice, and stir.

Serve over cooked rice, garnished with peanuts and coriander.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	477kcal	68g	13g	17g



Garlicky Zucchini & Tomato Pasta

Serves 2

15 Minutes

- 7.7 oz. (220g) brown rice pasta, cooked
- 2 zucchinis, spiralized
- 1 tbsp. olive oil
- 5.2 oz. (150g) cherry tomatoes, halved
- 2 cloves garlic, crushed
- 1 tsp. smoked paprika
- chili flakes, to taste
- 2 tsp. dried parsley
- 4 tbsp. vegan parmesan, grated (optional)

Cook the pasta as directed.

Heat olive oil in a pan over medium heat. Sauté zucchini and cherry tomatoes for 2-3 minutes. Season with salt and pepper. Add garlic and cook for 2 more minutes.

Mix in the cooked pasta. Season with smoked paprika and chili flakes.

Serve in bowls, topped with vegan parmesan and dried parsley.



GF

MP

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	358kcal	46g	12g	14g



Sesame Tempeh & Vegetable Stir-Fry

Serves 4

30 Minutes

- 7 oz. (200g) tempeh, cubed
- 1 tbsp. olive oil
- 1 tbsp. grated ginger
- 2 cloves garlic, crushed
- 1 tbsp. sesame oil
- 1 tbsp. rice wine vinegar
- 3 tbsp. tamari
- 2 tbsp. maple syrup
- 2 carrots, chopped or julienned
- ½ head broccoli, florets only
- 1 bell pepper, sliced
- 1 tbsp. sesame seeds, for garnish
- spring onions or chives, chopped, for garnish
- 1.2 lbs. (585g) cooked brown rice

Heat olive oil in a pan over medium-high heat. Add tempeh and cook for 6 minutes, stirring occasionally, until browned.

While the tempeh cooks, mix ginger, garlic, sesame oil, rice wine vinegar, tamari, and maple syrup in a bowl.

Add half the sauce to the tempeh, stir to coat, then remove from the pan.

Add carrots, broccoli, and bell pepper in the same pan with the remaining sauce. Cook for 5 minutes, until tender.

Return the tempeh to the pan and cook for 3-5 minutes, until heated through and combined.

Serve over ¾ cup of brown rice, garnished with sesame seeds and spring onions or chives.



DF	MP	V		
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	427kcal	54g	19g	15g



Roasted Aubergine & Sun Dried Tomato Pasta

Serves 4

40 Minutes

10.5 oz. (300g) uncooked pasta

2 aubergines, cut into bite-size pieces

1 tbsp. olive oil

1 tbsp. oil from sun dried tomatoes

14 oz. (400g) can of chopped tomatoes

10 sun dried tomatoes, drained & chopped

3 cloves of garlic, minced

1 onion, diced

2 tbsp. tomato puree

1 tsp. coconut sugar

2 tsp. mixed herbs

Preheat the oven to 375°F (190°C).

Cook the pasta as directed.

Place the aubergine on a parchment-lined baking tray. Drizzle with olive oil, season with salt, and bake for 35 minutes until soft.

While baking, heat sundried tomato oil in a pan over medium heat. Sauté onion and garlic for 5 minutes until soft.

Add tomato puree, mixed herbs, and chopped sundried tomatoes. Cook for 2 minutes, then add chopped tomatoes and coconut sugar. Simmer until the aubergine is ready.

Combine pasta, roasted aubergine, and sauce. Mix and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	429kcal	82g	14g	5g



Chickpea & Vegetable Tahini Tray Bake

Serves 4 | 45 Minutes

- 1 onion, sliced
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 9.3 oz. (265g) chickpeas, drained
- 1 tbsp. olive oil
- 3 tbsp. tahini
- juice of 1 lemon
- 3 tbsp. almond milk
- 1 tbsp. sesame seeds
- A handful of coriander, chopped

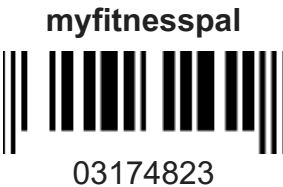
Preheat the oven to 190°C (375°F).

Combine the onion, zucchini, red bell pepper, and chickpeas on a baking tray. Drizzle with olive oil, season with salt and pepper, and toss. Bake for 35 minutes or until tender.

While baking, whisk together the tahini, lemon juice, almond milk, and sesame seeds. Set aside.

Remove vegetables from the oven and toss with the tahini sauce.

Serve hot, garnished with fresh coriander.



GF	DF	MP	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	265kcal	28g	9g	13g



The Best Tempeh Bolognese

Serves 4

55 Minutes

- 8 oz. (225g) whole wheat penne pasta, uncooked
- 1 tbsp. olive oil
- 3 cloves garlic, minced
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 7 oz. (200g) tempeh, crumbled
- 14 oz. (400g) canned chopped tomatoes
- 2 tbsp. tomato puree
- 1 tbsp. apple cider vinegar
- 1 tsp. mixed herbs
- fresh basil, for garnish

Cook the pasta as directed.

Heat olive oil in a large pan over medium-high heat. Sauté garlic and onion for 3-4 minutes.

Add bell pepper and crumbled tempeh, sautéing for 5 more minutes.

Lower heat to medium-low. Stir in tomatoes, tomato puree, apple cider vinegar, and herbs. Season with salt and pepper. Simmer for 5-6 minutes.

Serve the pasta topped with Bolognese sauce. Garnish with basil leaves.



DF	MP	V			
Nutrition Per Serve	Energy	Carbs	Protein	Fat	
	382kcal	55g	18g	10g	



Easy Tofu Pad Thai

Serves 4

30 Minutes

Sauce:

- 4 tbsp. tamari
- 4 tbsp. maple syrup
- 3 tbsp. water
- 2 tbsp. rice vinegar
- 2 tbsp. peanut butter
- 1 tbsp. sriracha

Tofu:

- 7 oz. (200g) firm tofu, cubed
- 1 tbsp. flour
- 1 tbsp. coconut oil

Pad Thai:

- 8 oz. (225g) thick rice noodles
- 1 tbsp. coconut oil
- 2 shallots, chopped
- 2 large carrots, sliced into ribbons or matchsticks
- 3 cloves garlic, minced
- 2 handfuls bean sprouts
- 3 spring onions, sliced (green part only)
- 4 tbsp. chopped peanuts, for serving
- 1 lime, cut into wedges

Prepare the tofu by wrapping it in paper towels, placing it on a plate, and topping it with a heavy object like a cast-iron skillet. Let it drain for at least 15 minutes, then pat dry to remove excess moisture.

In a bowl, combine all sauce ingredients and set aside. Toss the tofu cubes with flour until well-coated and season with salt. Cook the noodles according to the package instructions.

Heat 1 tbsp of coconut oil in a wok or large skillet over medium-high heat. Add the tofu and cook for 1-2 minutes until browned. Remove from heat and set aside.

In the same wok, add another tablespoon of coconut oil if needed. Add the shallots, carrots, and garlic; stir-fry for 1-2 minutes until softened. Add the prepared sauce and noodles to the wok. Cook for 1 minute, stirring constantly.

Add the cooked tofu and bean sprouts; gently mix until well combined. Remove from heat, garnish with sliced green onions, and serve with chopped peanuts and lime wedges.



GF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	483kcal	75g	12g	15g



Quick Vegetable Stir Fry

Tahini Toasted Sesame

Serves 4 | 25 Minutes

Sauce:

- 1 tbsp. tahini
- 1 tbsp. toasted sesame oil
- 1 tsp. white miso paste
- 1 lime, juiced

Stir-fry:

- 6.3 oz. (180g) rice noodles
- 1 tsp. toasted sesame oil
- 1 large carrot, spiralized
- 1 zucchini, spiralized
- 2.8 oz. (80g) frozen green peas
- 1 tbsp. sesame seeds
- fresh coriander, for garnish

Mix the sauce ingredients.

Cook the rice noodles as instructed on the package; set aside.

Spiralize or grate the carrot and zucchini.

Heat 1 tsp of sesame oil in a large skillet over medium heat. Cook the carrot and zucchini noodles for 3-4 minutes.

Add the green peas, sesame seeds, and cooked noodles. Mix and cook for 3-4 minutes.

Add the sauce and cook for 2-3 minutes until warm.

Serve with fresh coriander.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	259kcal	46g	3g	7g



Roasted Aubergine Stew

Serves 4

55 Minutes

- 2 tbsp. olive oil
- 2 medium aubergines, cut into bite-size pieces
- 11.6 oz. (330g) cherry tomatoes
- 14 oz. (400g) can chopped tomatoes
- 14 oz. (400g) can chickpeas, drained
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 4 tbsp. tomato puree
- 1 tbsp. apple cider vinegar
- 2 tsp. mixed herbs
- handful of parsley, chopped

Preheat the oven to 400°F (200°C).

Put the cut aubergine in a baking dish, drizzle with 1 tbsp olive oil and season with salt. Cook for 40 minutes until soft.

Meanwhile, heat 1 tbsp olive oil in a skillet over medium heat. Add onion and garlic, season with salt and pepper, and cook for 5-6 minutes until soft. Add mixed herbs and tomato puree, and cook for 2 minutes.

Add chopped tomatoes, vinegar, chickpeas, and cherry tomatoes. Bring to a boil, then simmer until the aubergine is ready.

Once soft, add the aubergine to the tomato sauce and mix well. Serve with rice and chopped parsley.



GF	DF	MP	V	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	293kcal	43g	10g	9g



Cauliflower Chickpea Rice & Spicy Sriracha

Serves 4

35 Minutes

- 1 medium cauliflower, broken into florets
- 14 oz. (400g) can chickpeas, drained
- 1 tbsp. olive oil
- 3 cups cooked rice
- 2 tbsp. sriracha
- 2 tbsp. tamari
- 1 tbsp. maple syrup
- 2 tsp. apple cider vinegar
- 2 tsp. fresh ginger, minced
- 2 cloves garlic, minced
- 1 tsp. sesame oil
- 2 green onions, chopped
- 4 tbsp. peanuts, chopped

Preheat the oven to 230°C (450°F) and prepare a baking tray.

Break the cauliflower into bite-size florets and place them on the tray with the chickpeas. Drizzle with olive oil, season with salt and pepper, and bake for 20 minutes.

Mix sriracha, tamari, maple syrup, apple cider vinegar, ginger, garlic, and sesame oil in a small bowl.

Toss the roasted cauliflower and chickpeas with the sauce.

Broil for 5 minutes.

Serve with rice garnished with green onions and peanuts.



GF	DF	MP	V	N
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	414kcal	66g	15g	10g



Sweet Potato & Black Bean Bake

Serves 4

1 Hour 45 Minutes

- 2 large sweet potatoes, peeled
- 14 oz. (400g) cans black beans, drained
- 7 oz. (200g) vegan cheese, grated
- handful of parsley, chopped

Sauce:

- 1 tbsp. olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tsp. ground cumin, plus extra for seasoning layers
- 2 tsp. smoked paprika, plus extra for seasoning layers
- 1 tsp. mixed herbs, plus extra for seasoning layers
- 14 oz. (400g) can chopped tomatoes
- 4 tbsp. tomato puree

Heat olive oil in a pan over medium-high heat. Sauté diced onion and garlic until fragrant, about 3-4 minutes. Add cumin, smoked paprika, and herbs; cook for 1 minute. Stir in chopped tomatoes and tomato puree. Season with salt and pepper. Boil, then simmer for 15-20 minutes until thickened.

Preheat the oven to 355°F (180°C). Spread half of the tomato sauce in a baking dish. Slice sweet potatoes into 0.1" (3mm) thick slices.

Layer sweet potato slices on the sauce, slightly overlapping. Season with salt, extra herbs, and smoked paprika. Spread one can of black beans over the sweet potatoes. Add another layer of sweet potatoes, seasoning again. Top with the second can of black beans and a final layer of sweet potatoes. Season again and cover with remaining tomato sauce.

Cover with foil and bake for 40-50 minutes until tender. Sprinkle with vegan cheese and bake uncovered for 10-15 minutes until melted. Garnish with chopped parsley before serving.



GF	DF	MP	V
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	431kcal	61g	13g	15g



Pre-Workout Oat Banana Smoothie

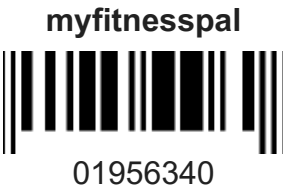
Serves 1

5 Minutes

- 2 tbsp. rolled oats
- 3 tbsp. hot water
- 1 banana, sliced & frozen
- 1 tbsp. flaxseed meal
- 1 tbsp. maple syrup
- 8 oz. (240 ml) almond milk, unsweetened

Soak the oats in the hot water for a few minutes until softened.

Blend all the ingredients in a blender until smooth. Serve.



DF	V	Q	N	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	274kcal	50g	5g	6g



Post-Workout Loaded Choco Protein Smoothie

Serves 1

5 Minutes

- 1 banana
- ¼ avocado
- 1 tbsp. almond butter
- 1 tbsp. raw cacao powder
- 2 tbsp. vegan chocolate protein powder
- 8 oz. (240 ml) almond milk, unsweetened

Blend all the ingredients in a blender until smooth. Serve.



GF	DF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	413kcal	39g	17g	21g



Quick Vegan Nutella

Serves 16

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10 Minutes

- 8.8 oz. (250g) roasted hazelnuts
- 1 tbsp. vanilla extract
- 4 tbsp. cocoa powder
- 4 tbsp. maple syrup
- ¼ tsp. salt
- 2 tsp. coconut oil
- 4 oz. (115g) hazelnut milk

Blend the roasted hazelnuts until finely ground.

Add vanilla extract, cocoa powder, maple syrup, salt, and coconut oil, then blend until smooth.

Gradually mix in hazelnut milk until the texture is butter-like. Add more milk if needed.



GF	DF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	126kcal	6g	3g	10g



Date, Almond & Coconut Energy Balls

Serves 10 | 15 Minutes

- 4.2 oz. (120g) dates, pitted

Blend all ingredients in a blender until finely chopped.
- 4 tbsp. almond meal

Form into 10 walnut-sized balls and chill for 1 hour.
- 1 oz. (30g) desiccated coconut

Store in an airtight container in the fridge for up to 2 weeks.
- 2 tbsp. chia seeds
- 2 tbsp. coconut oil, melted
- 1 tbsp. natural peanut butter



GF	DF	LC	MP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	141kcal	12g	3g	9g



Green Energy Balls

Serves 12

|

10 Minutes

- 1 tbsp. matcha powder
- 2. 8 oz. (80g) desiccated coconut
- 1.7 oz. (50g) coconut flour
- 1 oz. (30g) plant based vanilla protein powder
- 2 tbsp. coconut oil
- 3 tbsp. maple syrup

Pulse all ingredients in a food processor until well combined.

Form the mixture into 12 balls.

Store the balls in the fridge for up to 7 days.



GF	DF	LC	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	107kcal	8g	3g	7g



Simple Almond & Oat Cookies

Serves 12

35 Minutes

- 6.3 oz. (180g) oats
- 3.5 oz. (100g) oat flour
- 2.4 oz. (70g) almond meal
- 6 tbsp. maple syrup
- 4 tbsp. coconut oil, melted
- 1 tsp. baking powder
- pinch of salt

Preheat the oven to 360°F (180°C) and line a baking tray with paper.

Mix oats, oat flour, almond meal, baking powder, and a pinch of salt in a bowl. Stir in maple syrup and melted coconut oil until well combined.

Form the mixture into 12 balls and flatten them on the tray. Bake for 20 minutes or until golden.

Allow the cookies to cool before eating.



DF	LC	MP	V	N
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	197kcal	24g	5g	9g



Banana & Walnut Muffins

Serves 6

30 Minutes

- 2 ripe bananas, mashed
- 4 tbsp. maple syrup
- 4 tbsp. almond butter
- 1.9 oz. (55g) spelt flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- 4 tbsp. walnuts, chopped

Preheat the oven to 355°F (180°C) and line a muffin tray with paper cups.

Mash bananas in a bowl. Mix in maple syrup and almond butter.

Stir in spelt flour, baking powder, and baking soda until combined.

Divide batter among 6 muffin cups and top with walnuts.

Bake for 18-20 minutes, or until a toothpick comes out clean. Cool before serving.



DF	MP	V	N	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	213kcal	28g	5g	9g



Lemon & Berry Cheesecake

Serves 16

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2 Hours 30 Minutes

For the crust:
1.4 oz. desiccated coconut
3.5 oz. (100g) walnuts, chopped
12 medjool dates
pinch of salt

For the lemon layer:
8.1 oz. (230g) cashews, soaked for 4 hours or overnight
8 oz. (240ml) coconut cream
4 tbsp. coconut oil, softened
4 oz. (120ml) maple syrup
zest of 1 lemon
juice of 1 lemon
pinch of salt

For the berry layer:
5.2 oz. (150g) frozen red berries
2 tbsp. chia seeds
2 tbsp. lemon juice
2 tbsp. maple syrup

Place the crust ingredients in a food processor and blend until a sticky paste forms. Press the mixture evenly into a cake tin or springform pan to form the bottom layer. Freeze while you prepare the other layers.

Drain and pat dry the cashews. Blend all lemon layer ingredients in the food processor until smooth. Spread the lemon mixture over the crust and freeze until set.

For the berry layer, blend all ingredients until smooth. Once the lemon layer is set, spread the berry mixture on top. Garnish with extra berries if you like. Freeze until firm.

Remove the cheesecake from the freezer about 20 minutes before serving.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	303kcal	29g	4g	19g



Peach Almond Cake

Serves 12

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1 Hour

- 4 tbsp. almond butter
- 4.4 oz. (125g) peach vegan yogurt (like Alpro)
- 4 4 fl. oz. (120ml) almond milk
- 4 fl. oz. (120ml) + 2 tbsp maple syrup
- 1 tbsp. lemon juice
- 2 tsp. vanilla extract
- 2 peaches, cut into 8 segments each
- 8.4 oz. (240g) all-purpose flour
- 2.8 oz. (80g) almond meal
- 1 tsp. baking powder
- ½ tsp baking soda
- 2 tsp. cinnamon
- 3 tsp. ground ginger

Preheat the oven to 355°F (180°C). Grease or line a round cake tin.

Whisk almond butter and yogurt until smooth in a bowl. Gradually mix in almond milk and ½ cup maple syrup, then add lemon juice and vanilla.

Sift flour and mix in almond meal, baking powder, baking soda, cinnamon, and ginger in another bowl.

Fold dry ingredients into the wet mixture until combined.

Pour batter into the tin and top with peach segments.

Bake for 50 minutes or until a toothpick comes out clean.

Drizzle with remaining maple syrup. Cool before serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	211kcal	33g	4g	7g



Avocado Chocolate Brownies

Serves 16

55 Minutes

8 oz. (220g) +70% dark chocolate, chopped

3 tbsp. coconut oil

2 ripe avocados

7 oz. (200g) coconut palm sugar

2 tbsp. flaxseed meal

1 tsp. vanilla extract

2.6 oz. (75g) almond meal

4 tbsp. cocoa powder, unsweetened

½ tsp. baking powder

½ tsp. sea salt

7 oz. (50g) walnuts, chopped

Preheat the oven to 350°F (175°C). Line an 8x8-inch pan with parchment paper.

Make two flax eggs; mix 2 tbsp. flaxseed meal with 5 tbsp. water. Let it rest for 5 minutes to thicken.

Melt coconut oil and chocolate in a heatproof bowl set over simmering water.

Mash avocados in a large bowl. Mix in melted chocolate, then sugar, flax eggs, and vanilla. Stir in cocoa powder, almond meal, baking powder, and sea salt. Fold in walnuts.

Spread batter in pan. Bake for 25-30 minutes until set. Cool completely on a rack before cutting into 16 squares.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	299kcal	27g	5g	19g