

REMINDERS:

- Make salads and vegetables the basis of your meals.
- Eat a rainbow of colours and enjoy a wide variety.
- Choose higher fibre, less processed starches over refined options
- Add flavour to your foods through the use of herbs, spices, garlic, ginger, chilli etc.
- Manage intake of salt and salty foods.
- Keep yourself well hydrated; aim to drink 1.5 to 3 litres water or caffeine free teas daily.
- Manage your portions and eat according to your appetite.
- Make use of recipe links and additional recipe sheets to help you cook, prepare and implement the meal suggestions.

DISCLAIMER:

This meal plan was developed by Jenny Ford (nee Meyer), RD(SA) (Jenny Meyer Dietitians) in association with The Fry Family Food Co. as part of their Veganuary campaign. For ease of implementation and to help people with ideas, recipes from the Fry's website and cookbooks were used, as well as the use of Fry's products. Competitor products were not included. Links to recipes on different websites were included for some of the meals; these are for ideas and ease of implementation and it should be noted that for most of the recipes, neither Fry's nor Jenny has any affiliation with these websites or the developers of the recipe. Similar recipes of preference can be used.

It is targeted towards a healthy individual, without any medical conditions, allergies or intolerances. It is not a weight loss plan.

Due to the nature of this plan and the use of existing products and recipes, the daily energy, amount of protein, carbohydrates and fats and macronutrient split is not the same day to day.

The overall plan is however balanced, especially when analysing it week by week.

The meals can be adjusted slightly to suit your preferences and you can choose to have two slightly bigger meals a day with an optional snack inbetween, instead of three meals a day.

Please note that everyone's requirements are different and some individuals may need more or less energy than others with slightly different macronutrient splits.

To calculate your individualised requirements and get personalised advice, it is best to visit a registered dietitian.



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4 WEEK PLANT-BASED

Meal Plan



Inspired by nutritionist
Tammy Fry's new book
"Made with Love and Plants."



NOURISH YOURSELF WITH PLANTS THIS VEGANUARY

SALADS & STIR-FRIES

SIDE SALADS:

Keep your salads interesting by mixing them up. There is more to salads than lettuce, cucumber and tomatoes. They do not have to be boring, bland and unappetizing, but don't get too carried away with the add-ons, as they can become a calorie bomb.

YOUR SALAD BASE:

The base of the salad should be a combination of your selected salad/vegetables. Here are some options: Lettuce (mix up different types e.g. Cos, iceberg, butter or use a ready prepared, mixed lettuce pack); Rocket; Baby spinach leaves; Shredded cabbage (red or green); Mixed herbs (fennel, coriander, mint, basil); Asparagus; Cucumber; Gherkins; Celery; Snap peas; Green beans (raw or slightly cooked); Peas; Broccoli, raw or steamed; Cauliflower, raw or steamed; Peppers (red, yellow or green); Pepperdews; Tomatoes (Standard, Plum, Cherry, Rosa or Sundried); Onions (red, white or spring onions); Carrots; Beetroot; Butternut; Radishes; Leftover roasted vegetables; Baby marrow ribbons.

HEALTHY FATS/DRESSINGS:

Add some healthy fats/dressings to your salad but keep portions small, especially if you have also used fats in your main meals e.g. Olive oil; Avo; Olives; Seeds; Nuts; Tahini; Vegan Dressing; Pesto; Vegan Mayonnaise.

If you are not serving protein/starch at the main meal or if you are making your salad into a meal; you can add some vegan protein or high fibre starch/fruit to your salad. Remember to manage your portions. Aim to make your salad crunchy, colourful and flavoursome.

STIR-FRIES:

As with salads, keep your stir-fries interesting by mixing them up. There are plenty of vegetables that work well in stir fries. You can create your own stir fry mix or you can buy ready prepared stir fry packs, which you can easily cook in 7 minutes, adding your preferred (vegan) protein and serving with your preferred choice of starch.

Veggie Base Ideas (Select your favourite options and try out different combinations): leafy greens (baby spinach/ bok choy etc.), cabbage (green or purple), julienne carrots, mange tout, sliced mushrooms, sliced peppers, green beans, broccoli, cauliflower, sprouts etc.

ADDED FATS:

Oil for frying. Flaked almonds, peanuts, cashew nuts and mixed seeds also go well in stir fries.

HERBS, SPICES, FLAVOURS & SAUCES:

Freshly sliced ginger, fresh or crushed garlic, herbs, spices & black pepper as desired, lemon juice, low sodium stock, low sodium soy sauce.

VEGAN PROTEIN:

Chickpeas, beans, lentils (if using canned ones, remember to drain and rinse them to remove excess sodium); tofu; Vegan 'chicken', 'beef' strips. Nuts and seeds also contribute protein but in much smaller amounts.

HIGH FIBRE STARCH:

Serve with an optional high fibre starch or mix into the stir fry e.g. brown rice, quinoa, corn, whole-wheat couscous, whole-wheat noodles.

Cooking Suggestion:

1. Heat olive/ canola/ sesame oil in a large frying pan/ wok.
2. Add finely sliced onion and sauté.
3. Add freshly sliced ginger, crushed garlic.
4. Add a variety of vegetables of your choice.
5. Add in your choice of protein (some proteins may need to be cooked longer or added earlier/ later).
6. Add 1-2 Tbs soy sauce, preferably low-sodium, 1 Tbs lemon juice & ¼ cup low sodium stock.
7. Flavour with fresh or dried herbs, as desired.
8. Stir-fry for 5-7 minutes.

FRY'S VEGANUARY MEAL PLAN

WEEK 4

	Breakfast	Lunch	Supper	Snacks, optional
Monday	- Post Workout Guru Smoothie (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Baby marrow fritters (leftovers from Sunday) - Dips of choice (e.g. hummus, baba-ghanoush or vegan tzatziki) - Seed crackers, optional. GET RECIPE	- 'Sushi' Jars Make extra for lunch tomorrow GET RECIPE	- Fresh Fruit e.g. Red or Black Grapes
Tuesday	- Dragon Fruit & Mint Overnight Oats (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	Leftovers: - Sushi jars	- Colourful, Crunchy, Peanut Tofu & Black Rice Buddha Bowl (Recipe Sheet: Buddha Bowls)	- Coconut or Soy Yoghurt - Cranberries
Wednesday	- Bircher's Muesli - A handful of blueberries (or fruit of choice) - Flaked almonds GET RECIPE	Veggie Meze Lunch - Fry's Chickpea & Roasted Butternut Balls - Your favourite dip of choice - Salad/ veggies of choice e.g. baby carrots, celery, cucumber chunks, sliced peppers	- Vegan Massaman Curry - Rice GET RECIPE	- Fresh Fruit e.g. Peach
Thursday	- High Fibre Toast (e.g. Rye/ Low GI/ Seed/ Whole-wheat) - Sugar free nut butter of choice (e.g. Peanut/ Almond/Cashew/ Macadamia). - Add in an optional soy yoghurt or fresh fruit.	- Fattoush Salad (Recipe Sheet: Salads & Stir Fries)	- Lettuce Cups with Meat Free Mince Larb (Recipe p.11-12) Fry's-Nature's-Plant-Protein-Cookbook PDF)	- Vegetable Sticks (e.g. Rosa Tomatoes, Celery Sticks, Button Mushrooms) - Dip of choice
Friday	- The Brain Food Bowl (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Mange Tout, Basil & Bulgur Wheat Salad - Fry's Nuggets, optional (Recipe Fry's-Nature's Plant-Proteins-Cookbook p.5-6).	- Roast Butternut & Lentil Lasagne - Side salad/ Veggies (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Fresh Fruit e.g. Plums
Saturday	- Breakfast Carrot Cake (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Fry's Chickpea & Hummus Falafels (served in Pita Breads) - Pita breads, whole-wheat - Grilled brinjals, chopped onions, coriander, tomatoes, cucumber (served in the pita bread) - A dollop of hummus. For a low carb options drop the pita bread and serve in a bowl	- Golden Crispy Fish Style Fillets - Potato Bake - Side Salad or Steamed Vegetables of Choice (e.g. Broccoli, Cauliflower & Gem Squash)	- Fresh fruit - A small handful of nuts (e.g. Pecan Nuts)
Sunday	- High Fibre Toast (e.g. Rye/ Low GI/ Seed/ Whole-wheat) - Grilled mushrooms on toast - Vegan cheese/ vegan bacon, optional	- Grilled Vegetable 'Chicken' Pizza. (Fry's Chicken Style Strips, hummus, peppers, aubergines, zucchini) (Recipe p.5-6 Plants on Fire- Quick and Tasty Plant-Based Braai Recipes)	- Fry's Pepper Steak Style Pie - Side Garden Salad	- Vegan Cinnamon Muffins (Recipe: https://www.theworktop.com/breakfast-brunch-recipes/cinnamon-breakfast-muffins-vegan-healthy-easy/)

FATTOUSH SALAD

Serves: 4

Ingredients:

- 1 onion, thinly sliced
- 2 tsp. sumac
- 1 round Lebanese bread, torn into 3cm pieces
- Olive or canola oil, for shallow frying
- ¼ cup olive oil
- 1 lemon, juiced
- 1 garlic clove, crushed
- 3 tsp. zaatar
- 1 tsp. Salt
- 1 cup shredded red cabbage
- ½ yellow pepper, thinly sliced
- 1 Lebanese cucumber, thinly sliced
- ½ pomegranate, seeded
- 2 cos lettuce leaves, shredded
- 2 tomatoes, dice into cubes
- ½ bunch flat leaf parsley, finely chopped
- ¼ cup finely chopped mint

Method:

1. Sprinkle sumac over the sliced onion and massage into the onion.
2. Shallow fry the bread for 2 minutes or until crisp and golden. Drain on a paper towel. Season with salt.
3. While the olive oil, lemon juice garlic, zaatar and salt into a large bowl. Add the sumac, onions and remaining ingredients, except for the bread.
4. Season and top with bread pieces.

QUINOA SALAD WITH GREEN MUSTARD DRESSING

Serves: 4

Ingredients:

For the Salad:

- 1 ½ cups quinoa
- 1 litre water
- 2 carrots, grated
- 2 oranges, peeled, segmented and cut in half
- Zest of ¼ orange
- 1/2 cup flaked almonds, toasted
- 1/3 cup raisins
- 2 handfuls fresh parsley leaves
- 2 spring onions, finely sliced
- One handful mixed sprouts
- 1 beetroot, peeled and grated/spiralised, to garnish

For the Green Mustard Dressing:

- 100ml olive oil
- 1 ½ Tbs. apple cider vinegar
- 1 Tbs. Dijon mustard
- 1 tsp. agave syrup or sweetener of choice
- One handful each of parsley and basil

Method:

1. Rinse and drain the quinoa (before cooking). Cook the quinoa in boiling water for 10-12 minutes, until the water is absorbed.
2. Drain off excess water and spread it on a tray to cool. Make the dressing while the quinoa is cooking, by putting all ingredients in a blender and combining until smooth. Season with salt and pepper to taste.
3. In a salad bowl, mix the cooked quinoa with the dressing and all other salad ingredients, except for the beetroot.
4. Garnish with beetroot and serve.

Recipe adapted from 'The Fresh Vegan Kitchen' recipe book by David & Charlotte Bailey

FRY'S VEGANUARY MEAL PLAN

WEEK 3

	Breakfast	Lunch	Supper	Snacks, optional
Monday	- Holistic Health Smoothie (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	Quinoa Salad with Green Mustard Dressing (Recipe Sheet: Salads & Stir Fries)	- 'Rainbow Sandwich' (Fry's chicken style burgers on rye with salad & avo). For a low carb option leave out the bread & serve as a Burger stack. (Recipe p.4 Fry's-Quick-Meals-e-cookbook-2)	Pressed Green Veggie Juice
Tuesday	- Spirulina & Blueberry Overnight Oats (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	Meze Lunch (Veggie Platter): - Prawn style pieces - Dairy free tzatziki - Veggies/Crudites (Recipe p.8 Fish-Booklet)	- Mexican Sweet Potato (Recipe https://www.acouplecooks.com/mexican-stuffed-sweet-potatoes/)	Fresh Fruit (e.g. Watermelon)
Wednesday	- Fresh Fruit e.g. mixed berries/pawpaw - Paleo Vegan Granola - Soy/coconut yoghurt 	Chickpea Salad (Recipe: Salad & Stir Fry 'Recipe' Sheet)	- Vegan Stew with Kidney Beans & Coconut Milk - Rice, optional - Side salad/vegetables, optional 	- Vegetable Sticks (e.g. Baby Carrots, Celery Sticks, Gherkins, Sliced Peppers) - Hummus or dip of choice
Thursday	- High Fibre Toast (e.g. Rye/ Low GI/ Seed) - Avo, sliced or mashed avo - Vegan cheese 	Eating on the run: - Smoothie e.g. Post Workout Guru or Good Morning Vibes - Breakfast Balls or Seed & Amaranth Snack Bars Recipes (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Red Cabbage Steaks - Oven Baked Tofu Make extra for lunch tomorrow 	A small handful of nuts (e.g. Shelled Pistachios)
Friday	Pink Pitaya (Dragon fruit) Smoothie Bowl (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	Leftovers: Cabbage Steaks Tofu, optional	Spicy Meat Free Mince Ragu Potato Gnocchi (Recipe p.48 Eat-Well-With Fry's)	Fresh Fruit e.g. Mixed Berries
Saturday	Vegan Protein Pancakes 	Home-made Corn Tortillas with Pineapple & Black Bean Salsa (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	Braai: Braai Skewer (Fry's Sausage) Couscous Salad (Recipe p.3-4 Plants on Fire- Quick and Tasty Plant-Based Braai Recipes)	Pressed Green Veggie Juice
Sunday	Cooked Breakfast: Giganti Plakis (Giant Baked Beans) Sourdough/Rye Bread, Toasted Grilled Mushrooms & Grilled Tomatoes (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	Fry's Golden Crumbed Schnitzel Pumpkin Creamed spinach Roast potatoes, optional	Baby marrow fritters Leftovers from the weekend Make extra fritters for lunch tomorrow. (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	2 pieces Dark (Vegan) Chocolate

FRY'S VEGANUARY MEAL PLAN

	Breakfast	Lunch	Supper	Snacks, optional
Monday	- Good Morning Vibes Smoothie (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Lentil, Beetroot & Rocket Salad (Recipe Sheet: Salads & Stir Fries)	- Tangy Prawn Style Noodles For a lower carb option: Replace rice noodles with baby marrow noodles or cauliflower rice. (Recipe p.10 Eat-Well-with-Fry's)	- Fresh Fruit (e.g. nectarine/peach)
Tuesday	- Banana & Chia Seeds Overnight Oats 	- Tablecloth - Add chickpeas/ lentils (Recipe Sheet: Salads & Stir Fries)	- Vegan Tofu Cashew Fried Rice Make extra for lunch tomorrow 	- Vegetable Sticks (e.g. Rosa tomatoes, snap peas)
Wednesday	- High Fibre Cereal e.g. Weetbix - Fruit of choice e.g. sliced banana - A sprinkle of nuts e.g. walnuts - Almond/soy milk	- Leftover Cashew Fried Rice with Crispy Baked Tofu	- Coconut Red Lentil Dhal - Side salad/vegetables of choice e.g. grated carrot salad and sambals (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Pressed Green Veggie Juice
Thursday	- High Fibre Toast (e.g. Rye/ Low GI/ Seed/ Whole-wheat) - Sugar free nut butter of choice (e.g. Peanut/ Almond/Cashew/ Macadamia). - Add in an optional soy yoghurt or fresh fruit.	Veggie Meze Lunch: - Fry's Meat Free Chipolatas - Hummus - Crudites e.g. snap peas, Rosa tomatoes, celery stick + baby corn - Seed crackers or high fibre crackers of choice, optional.	- Vegan Burrito Bowls - Make extra for lunch tomorrow 	- Fresh Fruit (e.g. mixed berries)
Friday	Pink Pitaya Smoothie Bowl (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	Leftovers: Vegan Burrito Bowls	- Hearty Meat Free Alfredo Pasta (Recipe p.27 Fry's-Food-Made-Good Recipe Book)	- A Small Handful Nuts e.g. Almonds & Cashews
Saturday	- Chickpea Omelette 	- Fry's Rice Protein & Chia Nuggets - Side Salad (Recipe Sheet: Salads & Stir Fries)	Braai: -Fry's Traditional Burger - Whole-wheat Burger Bun - Sweet Tomato Relish - Side Salad. For a low carb option: Replace roll with a big grilled mushroom or grilled brinjals (Recipe p.1-2 Plants on Fire- Quick and Tasty Plant-Based Braai Recipes)	- Fresh Fruit e.g. Cherries
Sunday	- Breakfast Banger Burrito with black beans, avo & salsa (Recipe p. 5 Sausage-Booklet -LS)	- Fry's Country Mushroom Pie - Roasted Veg - Chips , Wedges or Mash, optional	- Leftovers - Cranberry & Walnut Salad (Recipe Sheet: Salads & Stir Fries)	- Baked Apples with Cinnamon

TABBELOUH

Serves: 4

Ingredients:

- 1 cup bulgur wheat
- ½ tsp salt
- 3 tsp olive oil
- Finely grated zest and juice of 2 lemons
- Salt and freshly ground black pepper
- 1 bunch flat-leaved parsley, finely chopped
- 1 handful mint leaves, finely chopped
- 4 spring onions, finely sliced
- 4 ripe tomatoes, seeded and diced
- ½ cucumber, seeded and diced

Method:

1. Place the bulgur wheat in a medium-sized bowl and cover with boiling water to a depth of 2.5cm. Stir in the salt and 1 teaspoon of olive oil. Cover with cling film or a plate and leave the bulgur wheat to absorb the water for about 15-20 minutes, or until the grains are no longer hard but chewy, adding more water if necessary.
2. Drain the bulgur wheat in a sieve then spread out to cool on a baking tray lined with kitchen paper.
3. Whisk the remaining 2 teaspoons of oil with the lemon juice and black pepper.
4. Place the bulgur wheat in a bowl, stir in all the remaining ingredients, taste and add more seasoning if necessary.
5. Cover with cling film and chill for 30 minutes before serving.

CHICKPEA SALAD

Serves: 4

Ingredients:

- 1 small red onion, peeled
- 1-2 small, fresh, red chillies, deseeded
- +20 Rosa or Cherry tomatoes
- 1 yellow pepper, de-seeded and sliced
- 1 lemon
- 1 Tbs. olive oil
- Small pinch of salt
- Freshly ground black pepper
- 1 x 410g tin of chickpeas, rinsed & drained (or around 4 large handfuls cooked chickpeas, soaked overnight)
- 1 handful fresh mint, chopped
- 1 handful fresh green or purple basil, finely shredded
- 1 handful rocket
- 80g vegan cheese, optional

Method

1. Finely slice the red onion and chillies. Roughly chop the tomatoes and mix with the pepper, onion and chillies. Scrape all of this and the juice into a salad bowl and dress with the juice of half a lemon and the olive oil. Season to taste.
2. Heat the chickpeas in a pan, and add 90 percent of them to the bowl. Mash the remaining chickpeas and add these as well they will give a nice creamy consistency.
3. Allow to marinate for a while and serve at room temperature.
4. Just before serving, garnish with the fresh mint and basil. Taste one last time for seasoning – you may want to add the juice from your remaining lemon half at this point.

FRY'S VEGANUARY MEAL PLAN

KALE & AVOCADO SALAD

Serves: 4

Ingredients:

- 400g kale, stalks removed & leaves chopped
- ½ red onion, finely chopped
- 1 garlic clove, finely chopped
- Juice of 1 lemon
- 1 ½ Tbs. olive oil
- A pinch cayenne pepper
- 1 avocado, peeled and cut into large chunks
- Salt & black pepper, to taste

Method:

1. Put all ingredients, except for the avocado, in a large bowl and season with salt and pepper.
2. Massage the ingredients with your fingertips; this helps to break down its cellulose structure, creating a softer, sweeter salad.
3. Once the ingredients are well combined and the kale appears slightly wilted, transfer to a serving dish, top with sliced avo and serve.

Recipe Adapted from 'The Fresh Vegan Kitchen' recipe book by David & Charlotte Bailey

LENTIL, BEETROOT AND ROCKET SALAD

Serves: 2

Method:

- 1 1/3 cups brown lentils, cooked or canned, drained & rinsed
- 1 cup baby beetroot halves
- 2 Tbs. Balsamic vinegar
- 2 tsp. Olive Oil
- 1 tsp. lemon juice
- 3 cups rocket Leaves
- ½ avocado, sliced, optional
- Optional: red pepper and/or cherry tomatoes

Method:

1. Put the rocket in a salad bowl.
2. Combine the lentils, beetroot, tomatoes & red pepper (if using) together.
3. Add sliced avo.
4. Mix the olive oil, balsamic vinegar & lemon juice together & drizzle over the salad.

	Breakfast	Lunch	Supper	Snacks, optional
Monday	- Hip Wiggler Smoothie (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Broccoli Superfood Salad - Fry's Nuggets, added to salad, optional	- 'Fish' Style Fillets with Home- Made Mayo - Sweet Potato Wedges - Baby Spinach Leaf & Beetroot Salad Fresh salad (Recipes: p.14-Fish-Booklet.pdf & Salad & Stir Fries Recipe Sheet)	- Fresh Fruit (e.g. strawberries)
Tuesday	-Spirulina & Blueberry Overnight Oats (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	-Quinoa Salad with Green Mustard Dressing (Recipe Sheet: Salads & Stir Fries)	- Bean & Veggie Stir Fry (Use beans of choice e.g. Butter beans, kidney beans, black beans) - Whole-wheat couscous/ noodles -For a lower carb option: use cauliflower rice or baby marrow noodles. Make extra for lunch tomorrow. (Recipe Sheet: Salads & Stir Fries)	- Fresh Fruit (e.g. sliced pineapple)
Wednesday	- High Fibre Cereal e.g. All Bran - Almond/Soy Milk - Fruit of choice e.g. mixed fresh berries/handful of cranberries - A sprinkle of flaked almonds	- Leftover Stir Fry	- Coconut Red Lentil Dhal Serve - Side salad/vegetables of choice e.g. Green beans with butternut (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Vegetable Sticks (e.g. cucumber & celery sticks) - Hummus
Thursday	- High Fibre Toast (e.g. Rye/ Low GI/ Seed/ Whole-wheat) - Hummus, sliced tomato & rocket	Meze Lunch: - Fry's Chickpea and Quinoa Falafels with Tuna-Style Dip - Raw veggies of choice (e.g. baby carrots, Rosa tomatoes, celery sticks, cucumber chunks) (Recipe: p.7 of Fish Booklet)	'Going Green' Poke Bowl Make extra for lunch tomorrow (Recipe Sheet: Poke Bowls)	- Fresh Fruit (e.g. Watermelon & mint)
Friday	- The Brain Food Bowl (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Leftovers: 'Going Green' Poke Bowl	- Lentil Bolognese - Whole-wheat Pasta. For a lower carb option: Replace pasta with baby marrow noodles.	A Small Handful Mixed Nuts
Saturday	- Freshly chopped fruit (e.g. pawpaw/ melon) Vegan Granola of choice - Soy/ coconut yoghurt, unsweetened	- Fry's Original Hot Dogs - Whole-wheat roll - Lettuce, sliced tomato, pickles - Low sugar tomato sauce & mustard. - Side Salad, optional	Braai: - Coconut Chilli Lime Strip Kebabs - Mealies & Asparagus - Big Brown Mushrooms - Onions (done on the braai) (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Popcorn
Sunday	-Tofu Scramble - High Fibre Toast - Sliced avo	- Roasted Butternut, Beetroot & Crispy Sage Tart - Fresh Green Side Salad (Courtesy of Made with Love & Plants. Recipe in recipe sheet)	- Leftovers (Tart/Tofu Scramble or Kebabs)	- 2 pieces Dark (Vegan) Chocolate

GET RECIPE

GET RECIPE

GET RECIPE

BUDDHA BOWLS

'GOING GREEN' BOWL

Serves: 2

Ingredients:

4 small potatoes, optional
4 radishes, sliced
1 cucumber, sliced into ribbons
1 carrot, grated or sliced into ribbons
1 avocado, sliced
1 cup shelled edamame beans
10 green beans or mange tout
Optional extras: Cooked whole grain of choice; sunflower seeds, raw or pickled onions.

For the Dressing:

1 x 300g block firm tofu
2 garlic cloves
¾-1 cup fresh herbs, tightly packed (e.g. ¼ cup Italian parsley, ¼ cup dill, 1 cup tarragon and ¼ cup basil)
2 Tbs. olive oil
1-2 Tbs. fresh lemon juice, to taste
1 Tbs. vinegar of choice
1-2 Tbs. water (or more if needed)
Salt, to taste
Black pepper, to taste
1 tsp. white miso paste, optional

BUDDHA BOWL BASICS:

- There are so many variations you can use when creating a Buddha Bowl. Try out different tastes, combinations and flavours and keep them fresh, colourful and crunchy.

Method:

1. Boil the potatoes, reserving the liquid once done to blanch the other vegetables in.
2. Prepare the radishes, cucumber, carrots and avocado.
3. Remove the potatoes from the water, once cooked, with a slotted spoon and add the edamame beans, asparagus, green beans to the hot same water. Simmer for a few minutes until they are tender and bright green.
4. Serve over your grain of choice warm or chilled over a bed of greens and grains of choice.
5. Mix the dressing ingredients together and drizzle on top to serve.

COLOURFUL, CRUNCHY, PEANUT TOFU BOWL

Serves: 4

Ingredients:

450g tofu
½ cup uncooked black rice
500g butternut, cut into cubes
1 tsp. olive oil

Peanut Sauce Ingredients:

3 thin slices of ginger
1-2 cloves garlic
¼ cup peanut or almond nut butter
Juice from ½ an orange (or +-1/4 cup orange juice)
2 Tbs. Soy Sauce
2 Tbs. maple syrup, honey or sugar substitute
2 Tbs. sesame oil
½ tsp. cayenne pepper or a squirt of sriracha
Salt to taste

For the Veggie Bowl Base:

1-2 cups shredded green or red cabbage
1-2 cups shredded carrots
1-2 cups shredded beets
1 cup sliced snap peas
½ cup thinly sliced radishes
1 avocado, sliced
A handful of Sprouts

Method:

1. Preheat the oven to 200°C.
2. Coat the butternut cubes in olive oil and place on a baking sheet.
3. Cut the tofu into strips or blocks and place on the baking sheet.
4. Make the peanut sauce by blending all of the ingredients together.
5. Use half of the peanut sauce to coat the tofu (keep the rest for the bowl).
6. Bake for 25-30 minutes.
7. While the butternut and tofu are cooking, cook the black rice and prepare the vegetables for the bowl.
8. Once the tofu is cooked and caramelized, assemble the bowl.
9. Drizzle each bowl with the remaining peanut sauce or serve in a small bowl on the side.

POST-WORKOUT GURU

Serves: 1

- This smoothie punches above its weight when it comes to post-workout nutrition. Cinnamon and turmeric have incredible anti-inflammatory properties, the banana and dates replenish energy, and protein helps to repair muscles. Boom!

INGREDIENTS:

1 cup almond milk
1 banana, frozen, peeled and cut into chunks
2 dates, pitted
½ tsp ground turmeric
¼ tsp ground ginger
¼ tsp ground cinnamon a pinch of freshly
Ground black pepper
2 tsp plant-based protein powder
1 tsp maple syrup

Topping

Ground turmeric, to sprinkle

METHOD:

Pour the almond milk into the jar of a blender. Add all the other ingredients and blend until smooth. Pour into a glass and sprinkle with turmeric.



HOME MADE CORN TORTILLAS

Serves: 2

Super simple, three ingredients, a few minutes, loads of delicious meals. Homemade tortillas are not only easy to make, but also include none of the nasties often found in similar products in supermarkets.

INGREDIENTS

Corn tortillas
2 cups masa harina
½ tsp fine Himalayan salt
1½ cups warm water

Salsa

½ pineapple, peeled and diced
1 red pepper, deseeded and quartered
1 can black beans, drained and rinsed

½ cup finely chopped fresh coriander
2 cm piece fresh ginger, grated
½ red onion, finely diced
3 spring onions, thinly sliced
1 Tbsp sesame oil
1 tsp sesame seeds
1 Tbsp coconut sugar
2 Tbsp lime juice
Pink Himalayan salt to taste
Freshly ground black pepper to taste

METHOD

For the corn tortillas, add the masa harina and salt to a mixing bowl. Add 1 cup of the warm water and stir until the water is absorbed. Add the remaining water slowly, stirring until a ball forms. Knead the dough by hand on a clean surface for about 3 minutes. You may need a little more or less water for the right consistency; the dough shouldn't stick to your hands but if it does, add more masa harina. Break the dough into ping pong-sized balls. To flatten them, you will need food-grade plastic wrap, a toasted sandwich press and a large casserole dish or a rolling pin. Place each ball between 2 sheets of plastic wrap (this will prevent the tortilla from sticking to surfaces) and press or use a rolling pin to roll to 2 mm thickness. Heat a non-stick pan. Carefully peel the plastic wrap from the tortillas and place them in the pan, cooking for 1–2 minutes per side. Serve immediately or store in the fridge. If reheating, sprinkle a few drops of water over the tortilla while it is in the pan.

For the salsa, heat the grill to medium-high. Place the pineapple and red pepper under the grill and cook until slightly softened, caramelised and charred. When ready, place in the fridge. Once cooled, dice into small cubes. Add the pineapple and red pepper to a medium-sized bowl, along with the remaining ingredients and mix well.



THE BRAIN FOOD BOWL

Serves: 1

INGREDIENTS:

½ cup almond milk
4 Tbsp dark vegan chocolate or cacao plant-based protein powder
2 bananas, frozen, peeled and cut into chunks
½ cup frozen wild blueberries
6 walnuts
1 Tbsp flaxseed oil
Toppings (optional) chia seeds, hemp seeds, cherries, berries, shaved coconut, edible flowers

METHOD:

Pour the almond milk into the jug of a blender. Add all the other ingredients, except the toppings, and blend on high until very smooth. Transfer to a bowl and sprinkle over your choice of toppings.



HOLISTIC HEALTH SUPER SMOOTHIE

Serves: 1

This is the king and queen of healthy smoothies. It's definitely not Insta-worthy, but it's worth goes way beyond a mere image! Try it ... your body will thank you.

INGREDIENTS:

1 cup organic soy milk
1 banana, frozen, peeled and cut into chunks
½ cup organic berries, frozen (organic is best because berries are generally heavily sprayed with high levels of pesticides)
3 dates, pitted

1 heaped tsp ground turmeric
¼ tsp freshly ground black pepper
½ tsp ground cinnamon
1 cup organic baby spinach
1 heaped tsp nut butter (I like macadamia)
1 Tbsp aloe vera gel (the edible variety, not the one you put on your skin)

METHOD:

Pour the soy milk into the jar of a blender. Add the remaining ingredients and blend until smooth. Pour into a glass.

OVERNIGHT OATS

Serves: 1

INGREDIENTS:

2 cups rolled oats
4 Tbsp maple syrup (or sweetener of your choice)
2 cups plant milk (oat, almond, soy, coconut, macadamia) or your own homemade version

4 small jars (to serve 1)
4 Tbsp coconut yoghurt

½ tsp spirulina powder and a handful of blueberries

METHOD

Mix together the oats, syrup or sweetener, and plant milk. Add the ingredients to the jar and mix well. Seal the jar and refrigerate overnight. Drop 1 tablespoon of coconut yoghurt over each serving before enjoying. Decorate as desired.



OVERNIGHT OATS

Serves: 1

INGREDIENTS:

2 cups rolled oats
4 Tbsp maple syrup (or sweetener of your choice)
2 cups plant milk (oat, almond, soy, coconut, macadamia) or your own homemade version
4 small jars (to serve 1)
4 Tbsp coconut yoghurt
½ pink pitaya (dragon fruit), cubed, and a sprig of mint

METHOD

Mix together the oats, syrup or sweetener, and plant milk. Add the ingredients to the jar and mix well. Seal the jar and refrigerate overnight. Drop 1 tablespoon of coconut yoghurt over each serving before enjoying. Decorate as desired.



BREAKFAST CARROT CAKE

Serves: 2

Not all puddings are equal. Take this one for example, technically a cake, eaten at breakfast, no refined sugar, no dairy and nutrition in every spoonful. Breakfast doesn't get better than this.

INGREDIENTS:

1 cup coconut milk
1 cup water
1 cup rolled oats
2 cups peeled and grated carrots
2 bananas, mashed
4 Tbsp raisins or dried goji berries
2 Tbsp maple syrup
1 tsp ground cinnamon
1 tsp vanilla spice or vanilla essence
½ tsp ground ginger
½ tsp ground nutmeg
½ tsp ground cloves
½ cup coconut cream

Toppings

shaved coconut, maple syrup (to taste), pineapple pieces

METHOD

In a small pot over a medium heat, bring the milk and water to a simmer. Add the oats and bring to a slow boil, then reduce the heat and allow to simmer for 3 minutes. Add the grated carrots, bananas and raisins or berries, as well as the maple syrup, vanilla essence and spices. Cook for another 3–5 minutes. Pour in the coconut cream and stir well, allowing to simmer for approximately 5 minutes until the liquid is absorbed and a thick consistency is reached. Add the toppings and decorate as desired. Enjoy the 'cake' warm.



PINK PITAYA SMOOTHIE BOWL

Serves: 1

INGREDIENTS:

1 cup coconut milk
1 banana, frozen, peeled and cut into chunks
1 cup frozen mango chunks
¾ pink pitaya (dragon fruit), cubed (reserve the other ¼ as a topping)

Toppings (optional)

¼ cup vegan granola (see recipe on page 52)
½ kiwi fruit, peeled and sliced
3 strawberries, hulled and sliced reserved
¼ pink pitaya, cubed
3 fresh mint leaves

METHOD

Pour the coconut milk into the jar of a food processor. Add all the other ingredients and blend until smooth. Transfer to a jar and sprinkle over your choice of toppings.



ROASTED BUTTERNUT & LENTIL LASAGNE

INGREDIENTS

10-15 large lasagne sheets (store bought)
¾ cup basil pesto (see recipe on page 183)
vegan parmesan (see recipe on page 155)
sprigs fresh basil and parsley

Roasted butternut:
1 medium butternut (450-550 g)
2 Tbsp extra virgin olive oil

Lentil and tomato sauce:
1 Tbsp extra virgin olive oil
1 medium brown onion, finely chopped
1 x 400 g can brown lentils
1 cup water, room temperature
2 cans chopped tomatoes
1 medium carrot, grated
1 baby marrow, grated
1 Tbsp tomato paste

6 brown mushrooms, sliced
¼ cup sundried tomatoes, drained
½ tsp dried rosemary
½ tsp dried thyme
½ tsp dried sage
1 tsp balsamic vinegar
1 tsp pink Himalayan salt
1 tsp coconut sugar
½ tsp baking powder

METHOD:

Begin by preparing the roasted butternut. Preheat the oven to 180°C. Peel the butternut and halve it lengthways. Remove the seeds and then slice very thinly (approximately 5 mm). Brush the slices with the olive oil, arrange on a baking tray and roast for 20–30 minutes, or until cooked through. While the butternut is roasting, make the lentil and tomato sauce. Heat the olive oil in a large frying pan over a medium heat. Add the onion and cook for approximately 5 minutes until translucent. Add the remaining sauce ingredients and bring to a simmer, stirring often, for 25 minutes until the mixture thickens and reduces. To assemble, layer the lasagne in a baking dish as follows: lasagne sheets and sauce; lasagne sheets, butternut slices and basil pesto. Repeat and continue in this fashion but ending with a layer of sauce. Cover with foil and bake for 30 minutes at 180°C. Remove the foil and bake for another 10 minutes to caramelise the top. Sprinkle with vegan parmesan. Serve the lasagne garnished with fresh basil and parsley, and a side salad.



THE HIP WIGGLER

Serves: 1

The tastiest smoothie you can make, loaded with the yummiest ingredients around. Find your inner child and go wild!

INGREDIENTS

1 cup almond milk
1 banana, frozen, peeled and cut into chunks
½ cup ice cubes
3 dates, pitted
¼ cup raw almonds
¼ cup rolled oats
½ tsp ground cinnamon
¼ tsp vanilla extract
1 Tbsp hemp seeds,

1 tsp psyllium husk,
1 Tbsp plant-based protein powder,
1 tsp maca root powder (all optional)

Toppings:

1 Tbsp shredded coconut
1 tsp cacao nibs
1 Tbsp coconut yoghurt
1 Tbsp crushed macadamia nuts

METHOD

Pour the almond milk into the jar of a blender (liquid at the bottom makes it easier to blend). Add all the other ingredients and blend until smooth. Transfer to a jar or glass and sprinkle with your choice of toppings (one, some or all), then devour.



GIGANTES PLAKI

Serves: 3

INGREDIENTS

2 Tbsp olive oil
2 medium brown onions, chopped
3 cloves garlic, minced
4 Tbsp tomato paste
2 x 400 g cans chopped tomatoes
2 tsp coconut sugar
2 tsp dried oregano
2 tsp fresh thyme, or 3 tsp dried thyme

1 tsp ground cinnamon
1 tsp freshly ground black pepper
1 tsp Himalayan salt
1 cup vegetable stock (made with 1 heaped Tbsp vegetable stock paste, see recipe on page 140)
3 x 400 g cans butter beans, drained and rinsed a handful of chopped fresh parsley, to garnish

METHOD

Preheat the oven to 140°C. In a large frying pan, heat the olive oil over a medium heat. Lightly sauté the chopped onions and garlic for 2–3 minutes until fragrant. Add the tomato paste, chopped tomatoes, coconut sugar, oregano, thyme, cinnamon, pepper and salt. Stir well until all the ingredients are well combined. Remove from the heat, then add the stock and beans, and stir through. Transfer the mixture into an uncovered casserole dish and place in the oven for 2 hours. Garnish with fresh parsley and serve with crusty sourdough bread.



THE HAPPY DAYS SMOOTHIE BOWL

Who doesn't want to feel good? This smoothie is a good-vibe maker. Smile!

Serves: 1

INGREDIENTS

1 cup almond milk 3 Tbsp dark vegan chocolate or cacao plant-based protein powder
1 Tbsp nut butter
1 banana, frozen, peeled and cut into chunks
½ cup mixed frozen berries
½ Tbsp maple syrup
¼ tsp vanilla essence
1 Tbsp flaxseed oil

Toppings (optional) chia seeds, pomegranate rubies, blueberries, shaved coconut, strawberries, cherries, edible flowers

METHOD

Put on your favourite playlist to get the good vibes going! Pour the almond milk into the jar of a blender. Add all the other ingredients, except the toppings, and blend on high until very smooth. Transfer to a bowl and sprinkle over your choice of toppings.



COCONUT RED LENTIL DAL

Serves: 1

INGREDIENTS

2 Tbsp coconut oil
2 brown onions, finely diced
2 cm piece fresh ginger, grated
2 cloves garlic, crushed
1 long red chilli, deseeded and finely chopped
1 Tbsp garam masala
2 tsp ground coriander
1 tsp ground cumin
1 x 400 g can crushed tomatoes
2 stalks celery, finely sliced, OR
2 grated baby marrows

2 carrots, grated
1 cup coconut cream or coconut milk
1 cup water
1½ cups vegetable stock (use 1½ Tbsp vegetable stock paste, see recipe on page 140)
2 cups dried split red lentils, rinsed

To serve:
coconut yoghurt and fresh coriander

METHOD

In a large pot, heat the coconut oil over a medium-high heat. Add the onions and sauté for 5 minutes. Add the ginger, garlic, chilli, garam masala, ground coriander and cumin, then sauté over a low heat for another 2 minutes. Take care not to burn the spices and add a little water if necessary. Add the tomatoes, celery or baby marrows, carrots, coconut cream or milk, water and vegetable stock. Simmer, uncovered, for 15–20 minutes, stirring occasionally. Add the rinsed lentils and cook for a further 10 minutes, stirring occasionally, until the lentils are tender. Serve with a dollop of coconut yoghurt and a sprinkling of fresh coriander.



ROASTED BUTTERNUT, BEETROOT & CRISPY SAGE TART

Serves: 2

Sunday lunches with friends or movie nights in, this tart looks incredible served with a side salad. The hot water crust is one of the oldest forms of pastry and is usually baked freeform without a dish or just rolled out like a pizza base topped with veggies. Like this one!

INGREDIENTS

Topping

2 cups (± 400 g) baby beetroots, washed
½ butternut (225–275 g), peeled and cubed
2 Tbsp apple cider vinegar
1 Tbsp rice malt syrup
½ tsp fine Himalayan salt
½ tsp freshly ground black pepper

1 Tbsp extra virgin olive oil
4–6 sprigs fresh sage

¼ cup roughly chopped walnuts

Hot water pastry crust
100 g vegan butter or margarine
80 ml water, room temperature
1½ cups wholemeal spelt flour
½ tsp fine Himalayan salt
1 Tbsp finely chopped fresh sage

METHOD:

Heat the oven to 200°C. Line 1 or 2 standard baking trays with foil. Beetroots and butternut may be placed on the same tray, but 2 trays are preferable as these vegetables do not necessarily cook for the same length of time. Trim the leaves and upper stems of the beetroots, leaving 2 cm of the stem intact. Scrub (don't peel) the skin of the beetroots, then halve them. If the beetroots are large, cut them into smaller pieces or slices. In a medium-sized bowl, combine the vinegar, syrup, salt and pepper, and toss with the beetroot. Arrange the butternut and beetroots onto the tray/s and roast for 30–40 minutes until tender, but not overcooked (use a skewer to test). Meanwhile, place the vegan butter and water in a pot and bring to a boil. Add the flour, salt and sage and mix until the dough comes together. Remove the dough from the pot and knead for a few minutes, until smooth. Roll out on a sheet of baking paper to form a large 'pizza' shape. Place in the oven with the vegetables for 10–15 minutes. Try to have the vegetables and pastry ready at the same time. Top the pastry with the roasted vegetables and return to the oven for another 20 minutes until the base is cooked through and slightly browned. To prepare the topping, heat the oil in a pan and lightly sauté the sage and walnuts for 1 minute. Sprinkle the tart with the crisped sage and roasted walnuts.



NOTE: The recipe calls for this dish to be made in 1 hour at 200°C. It isn't quite as flavourful but hits the spot if you are in a hurry. I recommend batch cooking the dish and storing in the fridge for up to 1 week. It becomes tastier with time. If you prefer using dried lima beans, soak the beans overnight, drain and then boil in a few cups of water for 2 hours first. Rinse and then add to the tomato sauce, before placing in the oven.