



Veggie **RECIPE BOOK**

BY ROXY PT



sweet potato buddha bowl

339kcal 13g protein

50g broccoli
50g sweet potato
1 tsp olive oil
100g chickpeas
20g tahini
kale,
onion,
3/4 tsp chili powder
3/4 tsp garlic powder
1/4 tsp each salt + pepper
1/2 tsp oregano (optional)
1/4 tsp turmeric (optional)

Preheat oven to 400 degrees F (204 C) and arrange sweet potatoes and onions on a bare baking sheet. Drizzle both with a bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the sheet. Bake for 10 minutes, then remove from oven flip sweet potatoes and add broccolini. Drizzle broccolini with a bit of oil and season with a pinch each salt and pepper.

Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with a touch more oil and season with a pinch each salt and pepper. Bake for another 4-5 minutes then set aside.

While vegetables are roasting, heat a large skillet over medium heat and add chickpeas to a mixing bowl and toss with seasonings. Once hot, add 1 Tbsp oil (amount as original recipe is written // use half of total amount if altering batch size) and chickpeas and sauté, stirring frequently. If they're browning too quickly, turn down heat. If there isn't much browning going on, increase heat. I found 10 minutes total at slightly over medium heat was perfect.

Once the chickpeas are browned and fragrant, remove from heat and set aside.



curried chickpea pittas

447kcal and 17g protein

- 1 wholemeal pitta bread
- 50g chickpeas
- 200g spinach
- 2 tsp mustard
- $\frac{1}{2}$ teaspoon chilli powder
- 1 teaspoon cumin seeds
- 1 tablespoon garam masala
- 1 turmeric
- 2 tps rapeseed oil
- 1 handful fresh coriander

Instructions

Heat the rapeseed oil in a large saucepan and add the cumin seeds and mustard seeds.

When the seeds start to pop, add the chickpeas, chilli powder, garam masala and turmeric. Season, stir and cook for 2 mins.

Put the spinach in the pan with a splash of water, cover and cook on a medium heat for 15 mins.

Remove from the heat and add the coriander. Stir, leave to cool and package up for work. Either reheat or serve cold, spooned into pitta bread. Save what's left for the next couple of lunches. Mix it up by serving with rice or salad.



Tofu sweet chilli stir fry

427kcal and 22g protein

Ginger
20g mushrooms
1 garlic clove
20g spring onions
Red pepper
Chilli
100g tofu
50ml sweet chilli sauce
1 cup udon rice noodles
50ml soy sauce
Half carrot



TLT - Tofu lettuce tomato sandwich

353kcal and 17g protein

Preheat oven to 475°F. Coat a baking sheet with cooking spray.

Combine mustard, soy sauce and ½ teaspoon adobo sauce in a small bowl. Slice tofu crosswise into eight ½-inch-thick pieces. ...

Bake the tofu for 20 minutes.

Combine mayonnaise with the remaining ½ teaspoon adobo sauce in a small bowl.

1 tablespoon Dijon mustard

1 tablespoon reduced-sodium soy sauce

1 teaspoon adobo sauce from canned chipotle peppers, (see Ingredient note), divided

14 ounces water-packed extra-firm tofu, drained and rinsed

4 tablespoons reduced-fat mayonnaise

8 slices crusty whole-wheat bread, toasted



quorn bolognese

386kcal and 25g protein

100g quorn mince

75g white pasta

Peppers

Onion dried or fresh

basil, oregano , rosemary , garlic fresh or dried

Chilli fresh or dried flakes

50g passata



quorn mince chilli con carne

306kcal and 21g protien

100g quorn mince

Onion

Garlic

Peppers

100g basmati white rice

150g chilli con carne sauce

Chilli fresh or dried flakes



omlette

393kcal and 38g protein

5 eggs,
25g 50% less fat cheese
15ml low sugar/salt ketchup



egg sandwich

402kcal and 21g protein

2 eggs
2 hovis granary slices
Sunflower spread
Thinly spread
1tbsp low fat mayo



quorn burger

412kcal and 30g protein

1 quorn burger

1 bun

1 cheese slice

Lettuce , tomato and cucumber



tuna sandwich

342kcal and 35g protein

2 x hovis granary bread
Sunflower spread thinly spread
100g tinned tuna
watercress/cucumber/salad tomato optional



salmon stir fry

407kcal and 27g protein

30g green beans
100g salmon: fresh/frozen/tinned
50g sweet chilli sauce
150g egg noodles



sweet potato , coconut and curry soup

313kcal and 8g protein

130g sweet potatoes, onion, 1 large carrot and 1 small tin or 100ml coconut milk:
Roast in an oven then blend and heat

SNACKS



muller rice: 180g:
approx 212kcal



clementines : approx
19kcal each

pineapple:

120g=
69kcal



bananas approx
131kcal each



muller light: 99kcal



blueberries:
150g=67.5kcal



apples:

24kcal per mini cake

48 kcal per 2 mini

144 kcal per 6 mini's



fibre one 90kcal

SNACKS

oppo ice cream 475ml
100ml-84kcal-2
scoops
200ml 168kcal



brewers creamy
chocolate: 500ml
-310kcal
250ml 115kcal
100ml 116kcal



10kcal



halo top birthday
cake:
280kcal
59kcal for 2 scoops



proper corn peanut
butter and almond 20g=
118kcal



metcalfes skinny
pop corn 82kcal
(17g)



DRINKS



belgian options hot
chocolate 40kcal with
water: 40kcal

with 200ml semi
skimmed milk: 140kcal

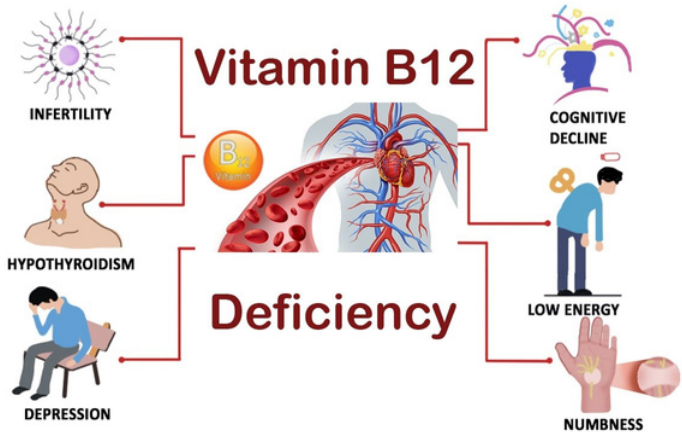


whey protein shake- 1
scoop and water:
119kcal



Starbucks 25kcal per
200ml skinny latte

B12



Vitamin B12 is a water soluble vitamin

found In : meat, fish, poultry eggs and diary

vegetarian foods high in B12: trout, sardines, fortified cereal, fortified nutritional yeast, clams, tuna

symptoms of deficiency

Weakness, tiredness, or lightheadedness.

Heart palpitations and shortness of breath.

Pale skin.

A smooth tongue.

Constipation, diarrhea, loss of appetite, or gas.

Nerve problems like numbness or tingling, muscle weakness, and problems walking.

Vision loss.

recommended daily allowance: 2.4mg per day



Alcoholic Drinks



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