

# 1ST WEEK MEAL PLAN

MONDAY

Veggie frittata NO EGGS

Lemon & quinoa salad

Baked Sweet potato with roasted veggies

TUESDAY

Overnight oats with berries

Chickpea salad wrap

Kale soup

WEDNESDAY

Pineapple vanilla walnut oatmeal

Lentil & smokey vegan ham soup

Stir-fried Quorn chicken with brown rice

THURSDAY

Avocado olive oil whole grain crackers

Quinoa and black bean bowl

Baked veggie ham with quinoa and steamed broccoli

FRIDAY

Green avo smoothie

Greek salad with grilled Quorn chicken

Zucchini noodles with marinara sauce

SATURDAY

Pineapple vanilla walnut oatmeal

Red bean sweet potato hash

Quorn steak & mushroom stroganoff

SUNDAY

yogurt with fruit

Stuffed peppers & brown rice

Zucchini carbonara with veggie ham low carb (light)



# Veggie frittata NO EGGS



## INGREDIENTS & SUBSTITUTIONS

### FOR THE FRITTATA BATTER

Chickpea flour: also known as garbanzo bean flour is the main ingredient in this recipe.

You can replace it with red lentil flour or with fava bean flour, but for best results stick to chickpea/garbanzo bean flour. It does NOT work with soy flour or with regular wheat flour.

Olive oil: best if extra virgin, we add it to the frittata batter to make it extra delicious. It can be replaced with any other vegetable oil like canola, sunflower, etc. But with olive oil it will taste more Italian. If you want to reduce the amount of olive oil, try the baked version.

Water: plain tap water is fine.

Salt and pepper: chickpea flour needs to be well seasoned so don't be shy with salt and pepper in this recipe. Also, if you want to go the extra mile, you can add a pinch of Kala Namak, a black Indian salt that gives an eggy flavour.

While your chosen vegetables cook, prep the batter for the frittata.

To a bowl add 130 grams or 1 cup of chickpea flour, 240 grams or 1 cup of water, a pinch of salt, two twists of pepper, and 25 grams or 2 tablespoons of extra virgin olive oil.

You can, of course, add a pinch of Kala Namak (black salt) to give it an eggy flavor, but that's not absolutely necessary.

Blend until you get a smooth, lump-free mixture. Then cook it either in a pan or in the oven.

### VEGGIE OPTIONS

courgette  
mushrooms  
broccoli

# LEMON & QUINOA SALAD



Here is quick look at how to make Lemon Quinoa chickpea salad.

Together, quinoa and chickpeas make for a healthy base. All that's needed is a few veggies, chopped parsley, a little salt, pepper and a big squeeze of lemon!

Here is everything you will need, including ingredient variations:

Chickpeas – Garbanzo beans are one my favourite beans to facilitate healing and they add texture and plenty of nutrition to this easy quinoa salad! Use fresh cooked, or canned for ease.

Quinoa – My all-time favourite grain that's technically a seed, but is more often referred to as a grain. It's gluten free, and just like chickpeas is full of nutritional benefits.

Veggies – I used diced baby carrots, cucumber, yellow bell pepper, tomatoes, and green onions for a variety of colours. Feel free to use your favourite veggies here such as zucchini, corn, chopped spinach, etc.

Making this salad is as easy as:

Cook the quinoa.

Prep the veggies.

Toss it all together.

# Baked sweet potato with roasted veggies



Here is quick look at how to make Sweet potato veggie roast

- 1 large sweet potato, diced
  - 2 large carrots, 1 large broccoli head, 1 large aubergine (chopped)
  - 1 large shallot, sliced
  - 2 tablespoons olive oil, divided
  - pinch garlic powder
  - pinch chili, chipotle or smoked paprika powder
  - pinch pink salt
  - 2 tablespoons pepitas (pumpkin seeds)
- Simple Lemon Tahini Dressing
- 3 tablespoons tahini
  - juice of 1/2 medium lemon
  - 2-3 tablespoons water, + more as needed

## INSTRUCTIONS

Preheat oven to 400F.

**Roast:** Place sweet potato, chopped broccoli, chopped carrots and aubergine on a large rimmed baking sheet lined with a parchment paper or lightly greased.

Drizzle with oil, toss to coat. shave garlic and grated ginger.

Place in the oven and roast for about 25 – 30 min, stirring once halfway through, potatoes will be ready when they are fork tender. Ovens vary so your cooking time may be more or less.

**Crispy shallots:** Heat remaining oil in a small/medium pan over medium heat, add shallots and cook for about 5 minutes stirring frequently. Lower heat to medium low and cook the shallots until nicely browned, about another 5 – 10 minutes. Once browned to your liking, remove from pan and set aside on a paper towel lined plate (if you leave them in the pan to cool, they may cook a bit more (possibly overcook) since the pan will still be hot). Sprinkle with a tiny bit of Himalayan salt and pepper if you like.

**Dressing:** Place the dressing ingredients in a small bowl, mix well and add more water as needed to thin.

Set aside.

**Serve:** Add veggies and roast over top and drizzle with 1/2 of the dressing. Add a squeeze of the remaining lemon half over to if you like!



# Overnight oats with berries



## HOW TO MAKE VEGAN OVERNIGHT OATS

Making overnight oats is easy as 1, 2, 3...

1. In a small container, mix the oats, optional flaxseed meal or chia seeds, and plant milk of choice. If adding yogurt and sweetener, you can add it here or add it when serving.
2. Cover and place in the refrigerator overnight or for at least 6 hours.
3. When ready to eat, top with optional toppings, sweeteners, and extra non-dairy milk.

Overnight oats are nutritious and easy to make...

You can use these topping to enhance your experience

- **Fruits** – I usually always add some sort of fruit, whether fresh or dry. Fresh strawberries, blueberries, raspberries, and blackberries are low in sugar, making them a healthy option. Sliced banana, diced apple, or applesauce is great too. If using dried fruit, stick with unsweetened such as raisins, currants, barberries, blueberries, or cranberries. Chopped dates, apricots, and cherries are also great.
- **Nuts & Seeds** – The addition of nuts, seeds, or nut butter will add protein. Many nuts and seeds contain essential omegas that are heart-healthy, making them another good reason to add a small handful. You can use any combo of pecans, walnuts, pepitas (pumpkin seeds), almonds, hemp hearts, and chia seeds.

# CHICKPEA SALAD WRAP



## INGREDIENTS & INSTRUCTIONS

Combine chickpeas and avocado in a bowl.  
Smash with a fork until desired consistency is reached – I personally like it to be mostly creamy with a few chickpea chunks.

Add mayo, mustard, red onion, jalapeño, garlic salt, pepper and tabasco to the bowl and stir to combine.  
Taste and adjust seasonings as needed.

To assemble, spread half of the chickpea mixture down the center of each tortilla. Top with spinach and wrap up like a burrito.  
Cut in half and serve.

15 oz can chickpeas  
drained, rinsed & skins  
removed  
1 avocado  
2 tbsp vegan mayo  
2 tsp yellow mustard  
1/4 red onion diced  
1 small jalapeño diced  
pinch of garlic salt  
pepper to taste  
hot sauce to taste, I used  
tabasco  
spinach  
2 large whole wheat  
tortillas



# Kale soup



You only need 6 ingredients and 20 minutes for this incredible green soup.

It's vegetarian and gluten-free and easily vegan.

This bright green soup is full of nourishing ingredients and tastes delicious.

Only 150 calories per generous serving.

## Ingredients

**onion**

**garlic**

**potato**

**vegetable stock/broth**

**kale**

**milk (dairy or non-dairy)**

**salt and pepper**

# Pineapple vanilla walnut oatmeal porridge



1 cup almond milk

$\frac{1}{2}$  cup oats

1 cup chopped pineapple  
(fresh or frozen)

$\frac{1}{2}$  tsp vanilla powder (or  
vanilla extract)

$\frac{1}{2}$  tsp coconut sugar or  
another sweetener (optional-  
for me, the pineapple makes  
it sweet enough)

**In a small pot, bring the milk to a  
boil, add the oats and cook for  
about 10 minutes until thick and  
creamy.**

**Add the pineapple, vanilla, and  
coconut sugar (if using) and mix to  
combine.**

**Cook for a few more minutes to  
thaw and heat up the pineapple if  
it was frozen.**

**Serve topped with berries, walnuts,  
or any other toppings you like.**



# Lentil and smokey vegan ham soup



unsalted butter

large carrots, diced

onion, finely dice

garlic cloves, crushed

rapeseed oil

large courgette diced

red lentils, washed

ground nutmeg

Madras curry powder (or curry  
powder of choice)

Bay leaf

homemade ham stock (or use  
gammon stock cubes)

cooked gammon/ham

**Start by gently frying the onion, garlic and  
carrot in unsalted butter (salty butter  
burns).**

**Add oil and courgette and gently fry until all  
vegetables are softened.  
Then add curry powder and fry for 1 minute.**

**Next add red lentils, stock, bay leaf and  
nutmeg.**

**Bring to a boil, then reduce to a simmer for  
25 minutes.**

**Use a stick blender to blend half of the soup  
in order to retain some nice chunky bits.**

**Add the chopped ham and heat through  
before serving.**

**Garnish with more chopped ham if desired**

# Stir fried Quorn chicken with fried rice



## RECIPE NOTES

**Cook the rice and set a side.**

1 bag frozen Quorn Chicken  
tenders  
1 onion, sliced

1/4 cup chopped spring  
onions  
salt  
pepper

Vegetable bullion cubes 3  
1 cups cooked rice, I use  
Brown Basmati rice

**Heat oil in a pan, add onions, and frozen Quorn chicken tenders. Keep it on medium heat and cook till the onions are golden brown. Add the vegetable bullion cubes and mix well.**

**Add the cooked rice to the pan, mix well and season**

**Add in the chopped spring onions.**

**Turn off the stove and enjoy..**



# Avocado olive oil whole grain crackers



2 small avocados (or 1 large)

350g sicilian olives (pitted)

1 clove garlic (without skin)

1/3 cup macadamia nuts

2 limes (juice only)

2 Tbsp olive oil (or oil of choice)

crack of Himalayan salt and  
pepper (to taste)

1. **Put all the ingredients into the blender container in the order listed and secure the lid.**

**Select speed 1, turn the machine on and quickly increase to speed 2.**

**press the ingredients into the blades whilst processing.**

**Blend for 10-20 seconds or until desired consistency is reached. Stop the machine and serve on whole grain or seeded organic crackers.**

# Quinoa and black bean bowl



## Ingredients and Substitutions

Quinoa – You can use tri-color or another color quinoa if you like. You can also substitute the quinoa with rice or orzo- just keep an eye on how much you should adjust the liquid.

Black beans – two small cans or one large can, or about 3 cups cooked beans total. You can use pinto beans or a combo as a substitute.

Red bell pepper – the flavor of red is the sweetest, but any color can be used. You can also add a jalapeño in addition to the bell pepper to make the recipe spicier.

Garlic and Onion – add 1 teaspoon garlic powder with the other spices if you don't have fresh.

Cumin

Cayenne pepper – this recipe isn't too spicy, but you can still omit this for a very mild version.

Vegetable broth – water can be used in a pinch, or chicken broth if you don't need it to be vegan/vegetarian.

Frozen corn – or fresh, if you prefer.

Fresh cilantro – can be omitted if you don't like cilantro.

Pantry basics: olive oil, kosher salt, and black pepper

First, **SAUTÉ** onions and peppers in olive oil. Use a large deep skillet with a lid or a pot for this.

Then, **ADD THE GARLIC** and sauté for just about 30 seconds, until it's fragrant (garlic burns easily so you don't want to cook for too long at a high heat).

**ADD THE QUINOA AND SPICES** and stir to coat everything. Make sure you rinse the quinoa first in a mesh sieve, as it will improve the flavor and remove some bitterness.

**POUR IN THE VEGETABLE BROTH** and stir, then bring to a boil.

**COVER AND SIMMER ON LOW** until quinoa is cooked (about 20 minutes). **STIR IN THE FROZEN CORN, BLACK BEANS, AND CILANTRO** and keep cooking on low until everything is heated through.

Serve!



# Baked veggie ham with quinoa and broccoli



## RECIPE NOTES

3 cups Quinoa cooked  
1 cup veggie Ham.  
cooked

3 cups Broccoli frozen  
1 cup Sharp Cheddar Cheese  
shredded

### **Homemade Cream of veggie Soup**

1/4 cup onion minced  
2 tablespoons butter  
1/3 cup flour  
1 1/4 cup milk 2% milkfat  
1 1/2 teaspoon veggie stock  
1/2 teaspoon salt  
1/4 teaspoon black pepper

## **Instructions**

Heat oven to 350 degrees and grease a 9 x 13 inch pan.

Cook quinoa according to package directions, and set aside in greased pan.

Pour the soup over the quinoa and mix it well.

Top quinoa mixture with chopped ham.

Chop the frozen broccoli and place on top of the mixture.

Bake at 350 degrees for 20 minutes

During the last 5 minutes of baking, remove the dish, sprinkle with cheese. Return to the oven until the cheese is evenly melted.

Allow to cool for about 5 minutes before serving.

**Homemade Cream of veggie Soup.**

Sauté onions in butter in a medium saucepan until onions are soft and translucent.

Mix in the flour to form a paste.

Pour in half of the milk and whisk continually until well-combined with a wire whisk.

Add the rest of the milk, bouillon, salt and pepper. Continue whisking until mixture thickens and begins to bubble.

## Green avo smoothie



½ avocado, peeled,  
stoned and roughly  
chopped  
generous handful  
spinach

generous handful kale,  
washed well

50g pineapple chunks

10cm piece cucumber,  
roughly chopped

300ml coconut water

**Put the avocado, spinach,  
kale, pineapple and  
cucumber in the blender.**

**Top up with coconut water,  
then blitz until smooth.**

# Greek salad with Quorn chicken



## RECIPE NOTES

175g Quorn Pieces

1/2 lemon

4 tbsp olive oil (extra virgin)

2 tbsp fresh rosemary, finely  
chopped

1/2 cucumber, peeled

1 firm tomato

1 tin artichoke hearts (net 200 g)

1 stick of celery, thinly sliced

6 black olives, pitted

50 g feta or soft goat's cheese,  
crumbled salt, freshly ground black  
pepper

1/2 packet of salad mix (of 100 g)

Grate the lemon peel thinly. Squeeze the lemon. Mix 2 tbsp of olive oil with the grated lemon peel and the rosemary, add the Quorn Pieces, mix well, and set aside for ten minutes

Halve the cucumber lengthways and halve the tomato, remove the seeds and cut the cucumber and tomato into cubes. Cut the artichoke hearts into four

In a mixing bowl whisk 2 tbsp oil with 1 tbsp lemon juice into a dressing. Pour over the cucumber, tomato, artichokes, celery, olives and goat's cheese. Season with salt and pepper to taste

Stir-fry the Quorn Pieces in a frying pan for 4 minutes until golden brown. Divide the lettuce onto two plates and pour over the salad. Arrange the Quorn on top



# Zucchini noodles with marinara sauce



## RECIPE NOTES

## How to Make Zucchini Noodles

I used a spiralizer to make these zucchini noodles and I highly recommend getting one if you think you'll make zucchini noodles more than once. You can also spiralize carrots, apples, and all sorts of other food, but I mainly use mine for zucchini.

All you need to do is cut the ends off the zucchini, affix it to the spiralizer, and turn the handle. Most spiralizers come with multiple plates that allow you to cut your vegetables to varying thicknesses. I generally use the medium noodle size for everything.

If you've never used a spiralizer before, get an extra zucchini just to test on. The most important part is not to crank the handle so hard you break the noodles or tip over the machine.

If you get really long noodles, you can just cut them or break them into smaller pieces.

You don't need much to make this great meal.

**Zucchini** - You'll need 2 pounds of zucchini. This was about 4 medium to large zucchini for me.

**Zucchini** is typically available in grocery stores year-round but it's at its peak in summer. Look for dark green zucchini that feel firm and don't have any slimy residue.

**Canned Tomatoes** - You'll need a 28-ounce can of whole, peeled tomatoes.

. Besides the tomato, this is the most important flavor in the marinara.

**Olive Oil** - You'll use a  $\frac{1}{4}$  cup of olive oil in this recipe. Half will go towards cooking the garlic and the other half will be used to sauté the zoodles.

**Seasonings** - You'll use a teaspoon of kosher salt, a  $\frac{1}{2}$  teaspoon of red pepper flakes, and a  $\frac{1}{4}$  teaspoon dried oregano to season the sauce. You'll also use a sprig of basil to add some flavor at the end of cooking the sauce.

**Optional Toppings** - You can use  $\frac{1}{2}$  cup of shredded parmesan cheese or some fresh herbs to top this dish.

# Pineapple vanilla walnut oatmeal porridge



1 cup almond milk  
½ cup oats  
1 cup chopped pineapple  
(fresh or frozen)  
½ tsp vanilla powder (or  
vanilla extract)  
½ tsp coconut sugar or  
another sweetener (optional-  
for me, the pineapple makes  
it sweet enough)

**In a small pot, bring the milk to a  
boil, add the oats and cook for  
about 10 minutes until thick and  
creamy.**

**Add the pineapple, vanilla, and  
coconut sugar (if using) and mix to  
combine.**

**Cook for a few more minutes to  
thaw and heat up the pineapple if  
it was frozen.**

**Serve topped with berries, walnuts,  
or any other toppings you like.**

# Red bean & sweet potato hash



## RECIPE NOTES

1 tablespoon extra-virgin  
olive oil

1 medium onion chopped

2 garlic cloves very finely  
chopped

1 large sweet potato (8  
ounces), cooked (see Chef's  
Tip), peeled, and diced

½ teaspoon dried thyme

½ teaspoon dried oregano

Salt

ground black pepper

1 (15-ounce) can dark red  
kidney beans, drained and  
rinsed

Heat the oil in a large skillet over medium-high  
heat.

Add the onion and cook until softened, about 5  
minutes.

Add the garlic and cook for 1 minute longer, then  
stir in the sweet potato, thyme, oregano, and salt  
and pepper to taste.

Place the beans in a bowl and mash them with a  
fork or potato ricer.

Add the mashed beans to the skillet and stir to  
combine with the onion mixture. Cook, turning  
frequently, then pressing the spatula down on the  
mixture, until the bottom is lightly crisped and  
browned when turned, about 10 minutes. Serve hot.

**CHEF'S TIP:** For this recipe, the sweet potato should  
be tender but still firm enough to dice.

**To bake sweet potatoes:** Preheat the oven to 400°F.

Pierce the sweet potatoes with a fork in three  
places. Wrap each sweet potato in foil and bake for  
45 minutes to 1 hour (depending on the size of the  
potatoes) or until tender.



# Quorn steak and mushroom stroganoff



## RECIPE NOTES

300g Quorn Vegetarian Steak Strips

2 tbsp vegetable oil

1 onion, chopped

2 cloves garlic, crushed

230g chestnut mushrooms, sliced

2 tbsp tomato puree

1 tsp smoked paprika

2 tsp Dijon mustard

2 tbsp brandy

400ml vegetable stock

200g reduced fat creme fraiche

1 tbsp fresh thyme leaves (plus leaves  
for garnish)

Salt and freshly ground black pepper

In a large, non-stick frying pan, heat half of the oil and cook the Quorn Vegetarian Steak Strips for 4 minutes, remove and set aside

Add the remaining oil and cook the onions for 4 minutes or until softened. Add the garlic, mushrooms, tomato puree, paprika, mustard and brandy, cook for 2 minutes.

Pour in the stock and simmer for 5 minutes

Stir in the creme fraiche, Quorn Vegetarian Steak Strips, thyme and season to taste.

Bubble for 3-4 minutes stirring continuously. Garnish with thyme leaves and serve with wild and white rice and freshly steamed vegetables

# Yogurt with fruits



1 large pot of organic greek yogurt

Place in a pot and sprinkle and top with as many berries, nuts and pieces of fruit as you like,,, be careful to top with too many nuts as you have to be aware of levels of selenium

# Stuffed peppers and brown rice



## RECIPE NOTES

6 medium green peppers  
3/4 cup uncooked brown rice  
1 pound lean ground beef  
(90% lean)  
1 medium onion, chopped  
1 can (8 ounces) tomato  
sauce  
1/4 teaspoon dried basil  
1/4 teaspoon dried oregano  
1/4 teaspoon dried thyme  
1/2 teaspoon salt  
Pepper to taste

Remove tops and seeds from peppers. In a stockpot, bring 10 cups water to boil; cook peppers for 5 minutes. Remove and drain. Cook rice according to package directions.

Preheat oven to 375°. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; crumble meat; drain. Add tomato sauce, herbs, salt and pepper; cook, uncovered, for 5 minutes.

**Stir in rice.**

Remove from the heat. Spoon rice mixture into peppers. Place in a shallow ungreased baking dish or casserole. Bake, uncovered, until peppers are tender, 15-20 minutes.



# Light low carb Zucchini carbonara veggie ham



zucchini  
veggie bacon or  
pancetta (for Paleo  
friendly option, don't  
use meat, that has  
been cured with  
brown sugar)  
garlic  
olive oil  
eggs (sub with cream)  
Parmesan cheese  
toppings like fresh  
chopped parsley

Spiralize zucchini to make zoodles, using one of the methods listed earlier.

Place on a platter and sprinkle with some salt. Leave for 15 minutes, then squeeze out the liquid. Using kitchen scissors, trim the zucchini noodles to make shorter pieces.

Cook bacon in a skillet and chop into small pieces. Discard the grease, reserving 1 tbsp.

Add zucchini to the hot pan with 1 tbsp of the grease. Cook for 2-3 minutes, flipping with kitchen tongs frequently. If zucchini releases liquid, drain it. Turn the heat to low and leave pan on the burner.

In a bowl, whisk eggs and add Parmesan cheese and garlic powder.

Quickly add the Parmesan egg mixture to the pan and using kitchen tongs toss the pasta in the sauce, stirring to coat, being careful not to scramble the eggs. Cook like this for 1 minute, then add bacon.

Serve immediately with more Parmesan cheese, black pepper and chopped parsley.