

# ZESTFOREVER FIT FAZE 2



**ZESTFOREVER**  
PLANT BASED WORLD



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# Week Five

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# Week Five Shopping List

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**DRIED GRAINS AND PULSES** – Oats, pumpernickel or rye bread, dried yellow split peas, arrowroot, green lentils, chickpea or buckwheat pasta, sourdough bread (go for wholegrain, spelt or rye if possible), ramen noodles (buckwheat are the highest protein) buckwheat grouts.

**DRIED SPICES** – Turmeric, curry powder (whatever strength you prefer), cardamom pods, coriander leaf, oregano, basil, thyme, rosemary, ginger, cinnamon, tahini, chilli flakes, smoked paprika, paprika.

**NUTS AND SEEDS** – Walnuts, brazil nuts, pecans, desiccated coconut or flakes, sesame seeds, pistachios, almonds, pumpkin seeds, ground or whole chia seeds, flaxmeal.

**CANNED GOODS** – 4 x cans of chickpeas, low-fat coconut milk, 4 x chopped tomatoes, 3 x cannellini beans, 1 x butter beans, 1 x borlotti beans, 1 x small tin of sweetcorn, canned coconut milk

**FRESH VEGETABLES** – Large lettuce or bag of mixed salad leaves, cherry tomatoes, 2 x avocados, 2 x lemon, 4 x white onions, bag of carrots, 5 x large, white potatoes, celery, 4 x bulbs of garlic, 2 x large, sweet potatoes, bunch of radishes, fresh parsley (not needed until day 6), romaine lettuce (not needed until day 6), 1 x large, red onion, 1 x cucumber, 2 x red bell pepper, 1 x yellow bell pepper, small piece of fresh ginger, 2 x medium courgettes (zucchini), bunch of spring onions, green cabbage, 1 x bag of beansprouts (not needed until day 4), 1 x green cabbage, 1 x tomato, baby spinach (not needed until days 6 and 7), fresh ginger, chives.

**FRESH FRUIT** – Punnet of strawberries, 1 x bunch of bananas, 1 x pineapple

**FROZEN GOODS** – Green peas, bag of blueberries.

**DRIED FRUIT**– Goji berries (optional), dates, sultanas, dried apricots

**MISCELLANEOUS** – nut butter, maple syrup, 100g bar of dark chocolate (85% cacao), tahini, small tub of olives, apple cider vinegar, balsamic vinegar, vegetable stock cubes or bouillon powder, tamari sauce, tube of tomato paste, 1 x block of firm smoked tofu, wholewheat/corn/lentil or sweet potato wraps., 2 x crusty rolls, plant milk, desiccated coconut, sugar-free plant based milk, block of smoked tofu, mushroom ketchup (or vegan Worcester sauce) nutritional yeast.

## ***THINGS TO PREP***

### ***HIGH PROTEIN GRANOLA RECIPE***

This is something that will become a staple in your diet, just because it has so much nutrition, protein and healthy fats. It is also low GI and will keep your blood sugar stable throughout the morning, and keep you filled up until lunch (or at the least until your mid-morning snack).

Make this granola the day before you begin your plan and then just keep remaking it as you run out (you will need it the whole way through, and you can always amend it with different fruits, nuts and seeds to suit your tastes). Make a big batch as it will last for weeks on end; just keep ALL your ingredients natural and sugar-free. Check all labels, especially on your dried fruits. You don't want to see any added sugars or fruits juices on any dried fruit labels, and ideally no preservatives either, though that's sometimes hard to find, granted.

IMPORTANT: Again, make sure you always have this granola made up as it will become a breakfast you will be eating on certain days all through the plan. The reason being, it is full of healthy fats.

## *For The Granola*

- 2 x cups of buckwheat grouts – You can buy these in most supermarkets or health food stores. These are very important because they are a highly nutritious, full of protein and fibre, and are actually a seed not a grain, so are gluten free too. They are also an immune booster with a full array of vitamins. You can just use these alone if you want a lower carb granola, or even if you just don't want to add oats; but oats do bulk it out.
- 3 x cups of jumbo oats, full of fibre, heart friendly and with beta glutens.
- 2/3 of a cup chopped raw walnuts – High in Vitamin E and Omega 3's; good for the brain, heart and memory.
- 2/3 of a cup of chopped raw almonds – High in magnesium, help lower cholesterol, fat burning.
- 1/3 cup of chopped raw Brazil nuts – High in selenium for mood, high in iron and calcium.
- 1 cup of coconut flakes or desiccated coconut
- 1/2 cup of milled chia powder or seeds – Omega 3's, fibre, calcium, antioxidants.
- 1 cup of chopped dates – Anti-inflammatory, bone health, phosphorus, Vitamin K.
- 2/3 cup of sultanas – Iron, potassium, antioxidants.
- 15 x chopped unsulphured apricots – Vitamin A, good for the blood, bones and skin.
- Goji berries (optional, but taste great) – Powerful anti-aging superfood.
- 1 x heaped tablespoon of Ceylon cinnamon powder (to help with evening out your blood sugar for the whole day ahead).
- 2 x teaspoons of ginger powder – Anti-inflammatory, digestive aid.
- 2/3 cup of cacao nibs (optional) – Flavenols, antioxidants, magnesium.

## Method

1. Heat your oven to 180C (350F)
2. Mix the buckwheat grouts and jumbo oats together, then add in equal amounts to the pans.
3. Bake for about 15 minutes. Take out and give it another mix, then return and bake for a further 10 or so minutes until going slightly brown or golden. You want a nutty effect, but not burnt
4. Take out, leave to cool, then simply add in all the other ingredients and mix well. It's important you keep all the other ingredients in their raw state as this will keep the nutritious oils and antioxidants stable – you want this to be a virtually 'raw' breakfast as pure raw foods just give you more energy in general
5. Next, store in a large mason jar, or other airtight container, and it will keep for weeks (probably longer, but mine never hangs about that long).



# ***Week Five***

## ***Day One***

8

### ***Breakfast***

#### ***Homemade Granola & Plant Milk***

### ***Lunch***

#### ***Loaded Salad***

##### ***Method***

1. Toss together a large mixed salad, tomatoes, half a can of chickpeas, olives, chopped avocado. Dressing of lemon, apple cider vinegar and balsamic vinegar.
2. Serve with pumpernickel or rye bread thinly spread with vegan butter (optional).



## ***Dinner***

Serves 4

### ***Creamy Vegetable Stew with Green and Split Peas and Crusty Roll***

(Make enough for tomorrow's lunch)

#### ***For The Stew***

- 1 cups of frozen green peas
- 2/3 rds of a cup of dried yellow split peas
- 1 x chopped onion
- 3 chopped carrots
- 4 chopped potatoes
- 2 sticks chopped celery
- 1x large tbsp thyme
- 1x large tbsp of rosemary
- 1x large tbsp of oregano
- 1/4 tsp of chili flakes
- 1/2 tsp of smoked paprika
- Good crack of black pepper
- 4 x cloves of fresh garlic minced
- 1/2 cup of low-fat coconut cream from a can (save the rest for tomorrow's smoothie)
- 1 x large tbsp of arrowroot or some other thickening agent
- 3 x cups of vegetable stock
- 1 x extra cup of stock for later in the recipe
- Crusty roll, rye bread, or wholegrain muffin to serve.

## Method

1. Start by cooking your yellow split peas in salted water as per packet instructions.
2. In the meantime, fry your chopped onion in a large non-stick pan for a couple of minutes add in some water if desired.
3. Add all your chopped veggies (not the green peas), garlic, pepper and all herbs and fry for a further 5 minutes stirring continuously.
4. Add your stock and bring to the boil, let it simmer for 5 minutes then add your frozen peas.
5. Cover and simmer for about 15 minutes until veg is tender.
6. In the mean-time mix your coconut cream with the arrowroot and add to your vegetables at the end of cooking time, along with your extra stock and cooked yellow split peas.
7. Bring up to temperature and check herbs for flavour. Add more water if you would like it thinner, but to fill you up you want a thick stew consistency.
8. Serve with crusty roll of your choice

### Breakfast

## ***Turmeric, Pineapple and Coconut Nice-cream with Chocolate Chips and Nuts***

### ***For The Nice-Cream***

- 2 x thick rings (cut into chunks) of fresh pineapple pre-frozen
- 1 x teaspoon of turmeric powder
- 1 x sliced and pre-frozen ripe banana
- 1/4 tin of low-fat coconut cream and maybe a little water to desired consistency
- 2 x squares of 85% cacao chocolate chopped into chips
- A very small handful of chopped nuts (pistachios work well)

### ***Method***

1. Blast in your blender all the ingredients except your chocolate and nuts to a thick ice-cream texture. Add your fluids slowly so it doesn't end up too runny.
2. Top with your nuts and seeds and eat immediately (this does not re-freeze well).



## Lunch

***Last night's left over soup with sourdough bread or toast.***

## Dinner

Serves 4

### ***Chana Masala***

Make enough chana masala for tomorrow's lunch

### ***For The Masala***

- 1 x white onion
- 2 x cans of chickpeas, drained
- 1 x can of chopped tomatoes
- 1 x red bell pepper
- 4-5 cloves of crushed garlic
- 1inch of grated ginger
- 1 x tbsp of curry powder (or garam masala)
- About 10 crushed cardamom pods
- Salt and pepper
- 1 x tsp turmeric powder
- 1 x tsp of dried coriander leaf
- 1 x sliced chili pepper or flakes
- 2 x tsp of brown or coconut sugar
- Fresh coriander (optional)
- Brown rice and steamed broccoli for serving

## Method

1. Fry 1 sliced onion and 1 chopped red bell pepper in a little water until softened.
2. Add crushed garlic, sliced chili pepper, grated ginger and fry a little more. Keep adding hot water to prevent sticking.
3. Add your spices of curry powder (or garam masala), crushed cardamom pods (don't use the pod, just the seeds, crushed), salt, pepper, turmeric powder and dried coriander leaf. Dry fry for 1 minute.
4. Add 1 x can of chopped tomatoes, 2 x cans of drained chickpeas, and about 2 x tsp of brown or coconut sugar (you will need to taste it to get this part right).
5. Simmer for a further 10 minutes, covered.
6. Add fresh coriander right before serving if using, and serve with brown rice and lots of steamed broccoli.

# ***Week Five Day Three***

14

## ***Breakfast***

***Homemade Granola & Coconut Yogurt***

## ***Lunch***

***Left over Chana Masala and Jacket Potato***

## ***Dinner***

serves 4

***Hearty Minestone soup with crusty  
whole grain roll or sourdough***

Save enough for Friday's lunch





## For The Soup

- 1 x carrot chopped into cubes
- 1 x courgette chopped into cubes
- 8 x cloves of crushed garlic
- Bunch of spring onions (or one normal onion)
- 1 x yellow bell pepper cut into cubes
- 1 x red bell pepper cut into cubes
- 2 x 400g cans of chopped tinned tomatoes
- 1 x cup of halved cherry tomatoes
- 2 x 400g cans of cannellini beans
- 2 x cups of high protein pasta such as buckwheat, lentil or chickpea
- 6-8 cups of vegetable stock (or enough to cover ingredients, you may have to add a little more as you go)
- 1 x tbsp of tomato puree
- 2 x tsp of oregano
- 1 x tsp of basil
- 2 x tsp of thyme
- Chili flakes to taste
- Ground black pepper to taste

## Method

1. Make sure you use a BIG non-stick pot for this! Heat a little water or stock in your pan .
2. Add your carrots, onion and garlic and let them soften for a couple of minutes.
3. Chop your cherry tomatoes in the meantime and add them when ready.
4. Add all herbs and pepper and fry for a further minute.
5. Put the kettle on and get your stock ready to go.
6. Add your tinned tomatoes, tomato puree and cannellini beans.
7. Now add your stock and pasta and let your pasta almost cook before you add your chopped peppers and courgette (you only want these cooking for about 3 minutes to keep them al dente).
8. Dish up with extra herbs on top if you like, and serve with warm crusty bread.

### ***Breakfast***

Serves 1

## ***Raw Strawberry Crumble***

### ***For The Crumble***

- 1 x small punnet of strawberries (you can add or use blueberries/ raspberries too)
- 1 x small handful of walnuts or pecans
- 1 x tablespoon of desiccated coconut
- Pinch each of dried ginger and cinnamon
- 1 x teaspoon of maple syrup (optional, depending on how dry your crumble is)

### ***Method***

1. Slice your strawberries and lay out on a plate or bowl.
2. Mix all your ingredients in a food processor until it crumbles. You want it to be slightly sticking together. If it doesn't clump, add a tiny drizzle of maple syrup.
3. Sprinkle over your strawberries and enjoy!

## **Lunch**

### ***Sourdough, Tortilla Wrap or Granary Sandwich of Sliced Tomato, Cucumber and Avocado.***

Salt and pepper, pinch of cayenne to taste.

## **Dinner**

Serves 2

### ***Chinese Take- Away Style Stir-Fry***

- 1/2 a large round green cabbage, or on whole small
- 1 x white onion
- 1 x large carrot
- 1 x courgette
- A couple of handfuls of beansprouts
- 1 x tablespoon of sesame seeds
- Brown rice noodles or buckwheat ramen
- 4 x sliced spring onions
- 5-6 cloves of crushed garlic
- Tamari sauce
- Chili flakes to taste
- 1 x tsp ginger powder
- Black pepper



## Method

1. Very thinly slice all of your vegetables.
2. Get your noodles pre-cooked, ready to go.
3. Heat a little water and about 2 x tbsp of tamari in a wok or large frying pan.
4. Add your onion and cabbage and cook down (if you wash your cabbage first then make sure it isn't soaking wet before you add it to the pan). The idea is you want your cabbage well-cooked, even maybe slightly browned in parts for the taste.
5. Next add all your other veggies (apart from spring onion), spices and garlic and stir-fry, stirring continuously for about 5 minutes. You may need to add a dash of water or more tamari as you don't want it too dry.
6. Add noodles last minute and stir in.
7. Serve with more tamari, sesame seeds and sliced spring onion.

# ***Week Five***

## ***Day Five***

19

### ***Breakfast***

***Homemade Granola, topped with chopped fruit and plant milk***

### ***Lunch***

***Leftover Minestrone soup and 1 x slice of bread OR homemade tortilla chips.***

Made from a tortilla wrap sliced into triangles and baked until crisp

### ***Dinner***

Serves 3-4

***Shepherdless Pie and Broccoli***

Save enough for tomorrow's lunch

## *For The Shepherdless Pie*

- 1/2 cup of uncooked green lentils, or 1 cup of cooked
- 2 x large sweet potatoes
- 1 x white onion
- 3 x cloves of crushed garlic
- 1 x finely grated carrot
- 1 x tsp smoked paprika
- 1 x tsp normal paprika
- Chili flakes to taste
- Cracked black pepper
- 1 x tsp vegetable bouillon powder
- 1 x tbsp tomato puree
- 1 x tin of chopped tomatoes
- 1/2 cup of frozen peas



## Method

1. Cook your lentils as per packet instructions.
2. Pre-heat oven to 200C (390F)
3. Chop your sweet potatoes into inch squares and boil in salted water until tender. You can also steam them which may help stop them breaking up, then mash.
4. In the meantime, fry your onion and garlic in a pan with a little water until tender.
5. Add your grated carrot and cook for a further couple of minutes.
6. Stir in your spices, vegetable bouillon and tomato puree and cook for another 2 minutes.
7. Next add your lentils, tomatoes and peas and cook for 5 minutes on a medium heat.
8. Transfer your mix to an oven proof dish and spread your sweet potato over the top, making lines on it with a fork.
9. Bake for 10-15 minutes until your potato starts to golden, and serve with a big helping of steamed broccoli and other veggies if you prefer.

### Breakfast

Serves 1

## ***Tofu Scramble***

### ***For the Scramble***

- 200g of firm block tofu
- Veggies of choice (spinach, peas, bell peppers, onions, sweetcorn all work well)
- 1/2 tsp of turmeric for egg colour
- Salt and pepper to taste

### ***Method***

1. Drain your tofu and place on a chopping board. Mash with a potato masher.
2. Fry in a tiny bit of oil your veggies (except spinach if using) until tender.
3. Add your tofu and spices and cook out for about 5 minutes, stirring continuously.
4. Serve on an optional piece of toast.





## Lunch

### ***Last Night's Shepherdess Pie***

## Dinner

Serves 2

### ***Californian Rainbow Salad with Crispy Potatoes***

#### ***For The Salad***

- 1/2 block of smoked tofu (you can freeze the rest for another occasion)
- 1/2 head of torn Romaine lettuce
- 1 x cup of drained chickpeas
- Handful of sliced radishes
- 1 x shredded carrot
- 1/4 cup of fresh chopped chives
- 1/4 cup of fresh chopped parsley
- 2-3 medium sized, white potatoes
- 1 x tbsp of gluten free or plain flour
- Salt
- 1 x tsp paprika
- 1/2 tsp garlic powder
- 1 x lemon



## *For The Sauce*

For the sauce:

- 1/2 cup of tahini
- A little less than a cup of warm water
- Squeeze of lemon juice
- 1/4 tsp of garlic powder
- Salt and pepper to taste

## *Method*

1. Heat oven to 180C (350f).
2. Peel and chop your potatoes into 1 inch cubes and boil in salted water until almost cooked (but not falling apart).
3. Drain them and put back into your saucepan, then add you flour, salt, paprika and garlic powder (or whatever spices you prefer).
4. Coat your potatoes in your floury mix, if they can take a shaking then this will help ruff up the edges for roasting.
5. Place on a parcment paper lined baking tray and bake for 20-30 minutes until desired crispiness.
6. In the meantime, prepare your salad by layering all your veggies and chickpeas in a large bowl.
7. Make your dressing by whisking all ingredients until creamy in a bowl with whisk or fork. Add the water slowly to desired consistency.
8. Drizzel over you salad and serve with your crispy potatoes on the side.

### ***Breakfast***

#### ***Blueberry Smoothie Bowl***

##### ***For The Smoothie***

- 1 x cup of frozen blueberries
- 1 x frozen, pre-sliced banana
- 1 x tbsp of dessicated coconut
- 4 x chopped walnut halves
- 1 x tsp of chia seeds
- A little plant milk
- Another chopped fruit of your choice

##### ***Method***

1. Whizz up your banana, blueberries and plant milk, but keep it really thick.
2. Add to a flat bowl and sprinkle on your topping and fruit.
3. Eat immediately!

### ***Sunday Lunch***

Serves 4

#### ***Smokey Bean Casserole***

Save enough for tomorrow's lunch

## *For The Casserole*

- 2 x 400g cans of borlotti, canellini OR butter beans, drained and rinsed
- 6 -8 smallish potatoes (if new then leave skins on, chopped into 1.5 inch pieces)
- 1 x large red onion, chunkily chopped
- 1.5 x cans of tinned tomatoes
- 16 Chantenay carrots, or baby carrots
- 2 x tsp smoked paprika (hot smoked paprika if you like heat)
- 4 cloves of crushed garlic
- 2 x cups of vegetable stock
- 1 x tbsp of mushroom ketchup (optional)
- 2 x handfuls of baby spinach

## *Method*

1. Add all your ingredients (except the spinach) into either a big saucepan where you can simmer on low heat, covered, OR use an oven dish (cook at 180C/ 350F), OR a slow cooker (slow cooker recommended) and cook until veggies are tender. If you are using a saucepan or oven dish this will take around 1 hr. If using a slow cooker then around 4-5 hours depending on your setting and individual slow cooker.
2. Add your spinach during the last 10 minutes of cooking time. Make sure it has been washed and patted dry with a clean dishcloth, otherwise it may make your stew too watery.
3. Before serving, adjust flavourings, and thicken with cornflour mixed in a little water, or vegan gravy powder (only if it needs it).
4. Serve with optional crusty bread.

## *Dinner*

### ***Vegan Cheese, Avocado and Spinach Toastie***

#### ***Method***

1. Make in a Breville maker, a frying pan, or simply toast your bread in a toaster and add fillings whilst still very hot (use sliced tomato instead of cheese if you like).





# *Week Six*

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# Week Six

## Shopping List

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**DRIED GRAINS** – Oats, buckwheat flour, quinoa, cracked wheat, chickpea/lentil/ or buckwheat pasta, brown rice, ramen noodles (preferably buckwheat), granary bread (not needed until day 7).

**DRIED FRUITS** – Sultanas OR raisins, figs, dates

**DRIED SPICES** – Paprika, oregano, thyme, basil, chili flakes, cumin, ginger, garlic.

**NUTS AND SEEDS** – Ground flax (linseed), chia seeds, 100g bag of roasted and salted whole cashew nuts, pumpkin seeds, desiccated coconut, walnut, unsalted cashew nuts.

**CANNED GOODS** – Mixed beans in water, green lentils, 6 x cans of chopped tomatoes, 1 x can of black beans.

**FRESH VEGETABLES** – 2 x heads of broccoli (1 for day 6), 6 x white onions, 5 x bulbs or garlic, head of lettuce, 2 x bags of mixed salad leaves (1 for day 5), 1 x cucumber, 3 x red bell peppers 2 x yellow bell peppers, 1 x bunch of spring onions, 2 x red onions, celery, 3 x avocados, 1 x small bag of spinach (not needed until day 5), 2 x sweet potatoes, bunch of tenderstem broccoli, 7 x medium carrots, 1 x courgette (zucchini), fresh basil (not needed until day 5), 1 inch piece of fresh ginger, 3 x portobello mushrooms (not needed until day 7), 5 x medium white potatoes, fresh rosemary – optional (not needed until day 7), fresh parsley (not needed until day 7)

**FROZEN GOODS** – Blueberries, strawberries, green peas

**FRESH FRUIT** – Bunch of bananas, cantaloupe melon, 3 x lemons, small punnet of strawberries (not needed until day 5).



**MISCELLANEOUS** – Sugar-free peanut butter, maple syrup, baking powder, tamari sauce, vegetable stock cubes or bouillon powder, cacao powder, sugar-free nut milk, sprouted pulses from the refrigerator section (if not a can of mixed pulses), balsamic vinegar, tobacco sauce, vegan cheese (optional), nutritional yeast, sachet or jar of miso paste (red or white), 1 x block of unsmoked tofu, tahini, vegan mayonnaise (optional) Apple cider vinegar.

## *Things To Prep*

### ***High Protein Breakfast Cookie*** ***For The Cookie***

- 1 x tbsp of ground flax
- 1/2 cup of peanut butter
- 1 x large ripe banana, mashed
- 1/2 cup of rolled oats
- 1/2 cup of buckwheat flour
- 2/3 cup of sultanas or raisins
- 1/4 cup of maple syrup
- 1 x tbsp chia seeds (optional)
- 1 x tbsp of cinnamon powder
- 1 x tsp baking powder



## Method

1. Pre-heat oven to 190C (375F).
2. Make a flax egg out of 1x tablespoon of flax and 3 x tablespoons of water in a separate bowl and leave to stand for 10 minutes.
3. Once ready, mix in a large bowl your flax egg, peanut butter, 1 x ripe mashed banana and maple syrup.
4. Add rolled oats, buckwheat flour, baking powder, cinnamon, sultanas or raisins, chia seeds (optional) and fold in gently.  
I topped mine with buckwheat grouts but you could try uncooked quinoa (optional).
5. Put 8 large blobs of your cookie dough mix onto parchment paper lined baking sheets and squash down into cookie shapes with the back of a spoon.
6. Bake for 15 -18 minutes, or until browning around the edges and golden all over. Makes 8 large cookies.

### ***Breakfast***

***High Protein Breakfast Cookie and fresh fruit salad of choice***

### ***Lunch***

***Portion of yesterday's Smokey Bean Casserole***

### ***Dinner***

Serves 3

***Broccoli and Roasted Cashew Stir-fry with Quinoa***

#### ***For The Stir-Fry***

- 1 X medium white onion
- 4 x cloves of crushed garlic
- Thumb size piece of ginger, grated
- 1 x large head of broccoli cut into florets
- 1 x cup of roasted cashews (make sure they are roasted and salted if you want this dish to taste as nice as it should)
- 3 x tbsp of tamari sauce
- 1/4 cup of water or vegetable broth
- Black cracked pepper
- White quinoa for serving



## Method

1. Cook your quinoa as per packet instructions for the amount of portions that you need.
2. While that is cooking, thinly slice your onion and saute in a non-stick pan with a little water for about 8 minutes.
3. Whilst doing this mince your garlic, finely grate your ginger and cut your broccoli.
4. When your onion is almost cooked, add garlic, ginger, broccoli, a good crack of black pepper and your vegetable broth to the pan.
5. Cover and steam for about 5 minutes until your broccoli is al dente. Stir a few times in between and add more fluid if you need to.
6. Add cashews and tamari. Check taste before you add all your tamari as some brands are saltier than others.
7. Stir well and cook until your broccoli is desired texture.
8. Serve on a bed of quinoa.



### ***Breakfast***

#### ***Chocolate Peanut Butter Shake***

##### ***For The Shake***

- 1 x frozen, sliced banana
- 1.5 tbsp of cacao powder
- 1.5 tbsp of peanut butter (smooth or crunchy)
- 1 x cup of sugar-free nut milk

##### ***Method***

1. Blast in your high power blender for about 20 seconds until frothy and drink immediately.

### ***Lunch***

#### ***Raw Salad Bowl with Melon***

##### ***Method***

1. Mix in a bowl lettuce, cucumber, melon of choice, avocado, broccoli, peppers, chopped dates, raisins, pumpkin seeds, and sprouted pulses (you can use canned mixed pulses too, but sprouted are healthier). You can mix and match your salad items to whatever you have.
2. Dres with oil-free dressing of lemon, balsamic and apple cider vinegar.

## Dinner

Serves 2

### ***Chargrilled Veggies and Cracked Wheat***

Make enough for tomorrow's lunch

#### ***For The Veggies***

- 2 x bell peppers, yellow and red
- 4 x spring onion
- 1/2 red and 1/2 white onion
- Bunch of tenderstem broccoli
- Salt
- Pepper
- Chili flakes
- Lemon juice
- Tobasco to taste
- 2 x portions of cracked wheat (cook per instructions in veggie stock for extra taste)

#### ***Method***

1. Get a griddle pan up to high heat (you can use a frying pan, but it probably won't have the same chargill effect).
2. Brush all your veggies with a light coating of melted coconut oil.
3. Add to hot griddle and sprinkle on you salt, pepper and chili flakes. You will probably need to keep adding splashes of water to help with cooking.
4. Meanwhile cook your cracked wheat as per packet instructions. Cook in vegetable stock OR add half a teaspoon of vegetable bouillon after you have drained.
5. Just before you turn the heat of on your veggies, squirt generously with lemon juice.
6. Serve on your bed of cracked wheat and add a splash of tobacco to taste.

### ***Breakfast***

***Homemade Granola with frozen blueberries and nut milk***

### ***Lunch***

***Last night's Grilled Veggies and Cracked Wheat***

This tastes good cold also

### ***Dinner***

Serves 4

***Lentil Spag Bol***

Make enough for tomorrow's lunch

#### ***For the Lentil Bol***

- 1 x 400g tin of green lentils
- 1 x medium sized chopped onion
- 1 x finely diced large carrot
- 2 x finely chopped sticks of celery
- 4-5 cloves of crushed garlic
- 2 x 400g tins of chopped tomatoes
- 1 x teaspoon each of paprika, oregano, thyme and basil (or fresh)
- Chili flakes (optional)
- Vegetable stock cube or bouillon powder
- 1/2 cup of finely chopped walnuts
- Salt and pepper to taste
- Chickpea, lentil or buckwheat pasta to serve. Green salad.

## Method

1. Fry your chopped onion, carrot and celery sticks until soft.
2. Add your oregano, basil, thyme, paprika, chili flakes (optional), and fresh garlic. Fry for 1 more minute.
3. Add 2 x tins of chopped tomatoes, a vegetable stock cube or 1 x tsp of bouillon powder, 1 x tin of green lentils and half a cup of toasted and finely chopped walnuts (don't skip this part as it's the piece de resistance when it comes to texture).
4. Bring to simmer and reduce for 10 minutes. Add some hot water if required!
5. Serve with pasta and a big green salad.





### ***Breakfast***

***High Protein Cookie, 1 x Banana***

### ***Lunch***

***Last night's leftover pasta***

### ***Dinner***

Serves 2

#### ***Easy Black Beans and Rice***

Make enough for tomorrow's lunch

#### ***For the Beans & Rice***

- 1 x white onion
- 1 x 400g can of black beans
- 1 x 400g tin of chopped tomatoes
- 5 x cloves of crushed garlic
- 1/2 tsp of oil (optional)
- 1 x tsp of cumin
- 1 tsp of oregano
- 1/2 tsp ginger
- About 1/2 a cup of veggie stock or bouillon
- Black pepper
- 1 x avocado
- Brown rice to serve
- Chopped red pepper to serve
- Squeeze of lemon juice

## Method

1. Cook your chopped onion and garlic in a large frying pan until soft, you can use a little water in the cooking process.
2. Add you herbs and spices and dry fry for 30 seconds to bring out the flavour.
3. Add your black beans, stock and tomatoes and leave to simmer for about 10 minutes. Add more water if you need to; you want a chili type consistency.
4. Serve with brown rice topped with chopped avocado and raw red pepper.
5. Finish with a squeeze of lemon juice.



### ***Breakfast***

#### ***Spinach, Strawberry and Chia Smoothie***

##### ***For The Shake***

- Big handful of spinach
- 1 x cup of frozen strawberries
- 1 x handful of cashew nuts
- Plant milk to desired consistency
- 1 x tbsp of chia seeds

##### ***Method***

1. Whizz everything up in a blender until throthy. Add some ice if you like!.

### ***Lunch***

#### ***Left over Black Beans & Jacket Sweet Potato***

### ***Dinner***

Serves 2

#### ***Stir-Fry Pasta and Vegetables***



## *For The Pasta*

- 1 x yellow bell pepper
- 1 x red bell pepper
- 1 x courgette
- 1 x white or red onion
- Buckwheat pasta (enough for 2 portions)
- Broth/Water
- 1 x tsp dried oregano
- 1 x tsp paprika
- 1/2 tsp of dried thyme
- 3-4 cloves of garlic, crushed
- Large handful of fresh basil
- 1 x tsp of vegetable bouillon powder
- 1 x tbsp of mushroom ketchup or vegan Worcestershire sauce (optional)
- 1 x 400g can of chopped tin tomatoes
- Vegan parmesan (made from equal amounts of nutritional yeast and sesame seeds, good pinch of ground garlic, crack of salt and pepper, and ground to a powder in spice grinder or pestle and mortar)
- Mixed salad greens

## *Method*

1. Chop all your veggies into bitesize cubes,
2. Get your pasta on to boil as per packet instructions.
3. Fry veggies in your oil or broth in a hot pan (you want to get a chargilled effect on them).
4. After about 5 minutes add all your dried herbs and spices (including vegetable bouillon powder) and dry fry for 1 minute.
5. Add your tinned tomatoes and mushroom sauce. You may need a little hot water to make a saucy texture.
6. Bring to simmer and cover. Simmer for a further 5 minutes or so then add your pre-cooked pasta (use a little of the pasta water to thin out the sauce if you need to)
7. Stir in your fresh basil, and serve immediately with your parmesan and green salad.

### Breakfast

## Blueberry Beauty Porridge

### For The Porridge

- 4 x heaped dessert spoons of porridge oats
- Nut milk to desired consistency
- Large handful of fresh or frozen blueberries
- Half a pre-mashed ripe banana
- 1 X tbsp of raw pumpkin seeds

### Method

1. Cook your porridge as per packet instructions.
2. Add your fruit last minute, smashing the blueberries in a bit so it goes a bright purple colour.
3. Serve with pumpkin seeds on top and a little more nutmilk if you prefer.





## Lunch

### ***Gut Healing Miso and Garlic Broth***

#### ***For The Broth***

- Whole bulb of garlic
- 1 x dessert spoon Of miso paste
- Handful of spinach
- 2 x spring onions
- 1 x portion of ramen or brown rice noodles
- Chilli flakes to taste
- 1/4 block of chopped tofu
- Tamari sauce
- Ginger powder

#### ***Method***

1. Chop the stalky part off your garlic bulb to expose just the top part of the garlic (you still want the whole thing to hold together).
2. Wrap the whole thing in foil and roast in a pre-heated oven on 190C (375F) for about 25-30 minutes.
3. Remove from oven, unwrap and allow to cool slightly.
4. Whilst your garlic is cooking chop your tofu into 1/2 inch chunks and dry fry with a little tamari and ginger powder until golden and crispy.
5. Also, prepare you noodles according to packet instructions, and make your soup in a separate pan by adding roughly 300ml of water to your miso paste, bring to boil, add you veggies and squeeze in you garlic straight from the pod (it should squish out easily). Let simmer for 1 min.
6. Add your tofu and chilli flakes to taste, and serve on top of your bed of noodles.

## *Dinner*

Serves 2

### ***Classic Buddha Bowl***

#### ***For The Buddha***

- 1 x large sweet potato
- 1 x portion of quinoa per person
- 4 x dried figs
- 1 x small avocado
- 2 x grated carrots
- 1 x small head of broccoli

#### ***For The Sauce***

- 1 x inch of ginger
- 2 x cloves of garlic
- 1 x tbsp tamari or soy sauce
- 2 x tbsp balsamic vinegar
- 1 x tbsp of lemon juice
- 2 x tbsp of tahini
- Salt



## Method

1. Turn oven on to 180C (350F)
2. Wash your sweet potato and cut into 1 inch chunks leaving skin on. Add to hot pan with some salt and pepper (you can add some other spices if you wish at this point such as smoked paprika, cayenne, cumin, chili flakes). Cook for roughly 25 minutes, or until completely tender.
3. Meanwhile, get your quinoa on to cook as per packet instructions (TIP: quinoa always tastes better if you add some veggie stock or bouillon to the cooking water).
4. In a pestle and mortar smash your garlic and chopped ginger with a little salt into a paste. Add the rest of your sauce ingredients and stir. Adjust flavourings if you need to. Add a little water to make the sauce thinner if you want to.
5. Construct your Buddha bowl by putting quinoa in first, then topping with sweet potato and chopped figs (you can add these to your roast potatoes 5 minutes before the end of cooking if you want them to be chewy). Put your sliced avocado, steamed broccoli and grated carrot around the edge, then smother with your sauce.

### Breakfast

## ***Banana, Strawberry and Chia Smoothie Bowl***

### ***For The Smoothie***

- 1 x pre-frozen sliced banana
- 1 x cup of frozen strawberries
- A little plant milk to make a very thick smoothie
- 1 x tbsp of chia seeds
- Handful of fresh or frozen blueberries
- Handful of coconut or almond flakes

### ***Method***

1. Whizz in your blender your strawberries, banana and enough nut milk to make a very thick smoothie.
2. Lay into a flat bowl and top with your other ingredients. Eat immediately!



## *Sunday Lunch*

### **Beefless Stew**

#### **For The Stew**

- 2 x white onions
- 4 x medium carrots
- 4 x sticks of celery
- 3 x portobella mushrooms
- 8 x cloves of crushed fresh garlic
- 6 x cups of water
- 5 x tennis ball sized potatoes (about 7 cups chopped)
- 3 x tbsp of tomato puree/paste
- 1 x tbsp of thyme
- 1 x tbsp of oregano
- 2 x tbsp of fresh rosemary (or 1 x tbsp dried)
- 1 x tbsp paprika
- 1 and 3/4 cups of frozen peas, thawed (you can run hot water through them to do this)
- 3 x tbsp of fresh chopped parsley
- 2 x tsp of vegetable bouillon powder





## Method

1. Cut all your veggies into 1/2 inch sized chunks (you want chunky veg for this dish).
2. Add a splash of water to a non-stick pot and heat.
3. Add your onions, carrots and celery and cook for about 8-10 minutes, stirring frequently and adding more hot water as it dries out.
4. Add in mushrooms and finely chopped garlic and cook for a further 5-6 minutes, adding more hot water as required.
5. Add your seasonings and vegetable bouillon and cook dry, stirring continuously for 1 more minute.
6. Add you water, potatoes and tomato paste. Cover and simmer for 20-30 minutes until your potatoes are tender.
7. Add your thawed, frozen peas and cook for 5 more minutes.
8. Add a couple of cups of your stew to a blender and whizz up, then add back to your stew to thicken along with your fresh parsley.
9. Serve with crusty bread.

## Dinner

### ***Smokey Tofu Toastie***

#### ***For The Toastie***

- 1/4 block of tofu cut into 1/2 inch slices
- 1/2 tsp maple syrup
- 1 x tbsp tamari sauce
- Pinch of smoked paprika
- 2 x slices of granary bread
- 1 x ripe tomato
- Spinach or other green leaves
- Vegan mayo (optional)

#### ***Method***

1. Heat a frying pan and fry your tofu until browned use a non-stick pan for the best results.
2. Whilst your tofu is cooking get your bread toasted and mix your tamari, smoked paprika and maple syrup together.
3. Reduce heat and put your tamari mix onto your tofu. Turn and coat and cook for a further minute or so to thicken sauce.
4. Add vegan mayo to your toast on both sides, then top with your tofu, sliced tomatoes, spinach and a pinch of salt and pepper.



# *Week Seven*

50





# Week Seven

## Shopping List

51

**DRIED GRAINS AND PULSES** – Sourdough or granary bread, quinoa, oats, brown rice.

**DRIED SPICES** – Arrowroot OR cornflour, curry powder (choose whichever heat is to your taste), all-spice, nutmeg, oregano, cardamom pods, cardamom leaf, juniper berries, bay leaves.

**NUTS AND SEEDS** – Small packet of raw cashew nuts, 100g of raw walnuts, chia seeds, desiccated coconut, pumpkin seeds.

**CANNED GOODS** – 2 x black beans, chickpeas, 5 x chopped tomatoes, 1 x fat-free refried beans, 2 x cannellini beans.

**FRESH VEGETABLES** – 2 x tomatoes, 2 x each of green and red bell peppers, head of broccoli (not needed until day 7), 1 x cucumber, 1 x bag of baby spinach, 2-3 carrots, celery, 1 x beetroot, 1 x parsnip, 1 x red onion, 1 x swede ( OR turnip or small butternut squash), a few mushrooms (not needed until day 6), 1 x small white cabbage, beansprouts (not needed until day 6), spring onions (not needed until day 6), 4 x white onions, lettuce, fresh coriander, 3 x medium sweet potatoes, 1 x large courgette.

**FRESH FRUIT** – 1 x Bramley apple (or use leftover frozen apple sauce if you have it), 2 x avocado, 1 x lemon, bananas, 1 x mango, 1 x lime, other fruits of your choice for snacks. FROZEN Blueberries.

**MISCELLANEOUS** – Cacao powder, coconut sugar, hummus, wholewheat or corn tortillas (freeze what you don't use), tomato salsa (optional for your Mexican wraps), packet of vegan sausages. 1 x pack of dates (any kind), plant milk, soba noodles, 100G of 85% cacao chocolate, tahini, tamari sauce.

## Things To Prep

Serves 14

# **NO BAKE CHOCOLATE AND WALNUT ENERGY BARS**

## **For The Muffins**

- 1.5 cups of dates (any kind)
- 1/3 of a cup of cacao powder
- 1 x cup of raw walnuts
- 1/2 cup of chia seeds
- 1/2 a cup of desiccated coconut
- 1/2 cup of oats
- 1/2 cup of chopped dark chocolate of 85% cacao
- Vanilla extract (optional)
- Small crack of salt

## **Method**

1. Whizz up your chopped dates and walnuts in a food processor until just starting to clump together.
2. Add the rest of your ingredients and pulse together until the mix is quite sticky. Don't over process!
3. Squish down hard into a medium sized baking tray lined with tin foil or parchment paper, and freeze overnight.
4. Cut into 14 bars and store in an air-tight container in the fridge.

### ***Breakfast***

#### ***No Bake Chocolate And Walnut Energy Bar***

### ***Lunch***

#### ***Tomato and Avocado Toastie or Sandwich***

##### ***Method***

1. Either toast your bread both sides and add fillings whilst still hot, or use a Breville maker. Use vegan butter (optional), salt and pepper to taste.





## Dinner

Serves 4-5

### ***Chickpea and Potato Curry with Quinoa***

#### ***For The Curry***

- 1-2 Tablespoons of coconut oil
- 2-3 cloves of garlic
- 1 x large onion
- 2 x 400g cans of chickpeas
- 500ml of vegetable bouillon
- 1.5 cups of white potato cubes (roughly 1/2 inch)
- 1 x 400g can of chopped tomatoes
- 1 x red bell or pointed pepper, chopped
- Salt and pepper to taste
- 2 x tbsp of mild, medium or hot curry power depending on taste
- 1 x tsp of all-spice powder
- 1 x tsp of nutmeg
- 1 1/2 tsp of paprika (any kind)
- 2 x tsp of dried thyme
- 1 1/2 tsp of ground cumin
- Pinch of cayenne to taste
- Good crack of black pepper
- Enough brown rice for the amount of people you're serving



## Method

1. Heat a large skillet or frying pan on a medium heat, with a little water in it.
2. Add your chopped onion and garlic and cook slowly until translucent, adding splashes of hot water if needed to prevent sticking.
3. Add all your spices and cook in for a about a minute to activate the flavours. Be sure to stir continuously during this time so it doesn't stick too much.
4. Add your chopped potatoes and stir in to coat them in the spices. You will more than likely need to add a splash more of hot water if it starts to stick.
5. Add your chickpeas, tomatoes and veggie bouillon.
6. Simmer for 15 minutes, or until potatoes are cooked.
7. Add your chopped red pepper about 5 minutes before the end of cooking.
8. Season with salt if you think it needs it. Serve on a bed of quinoa.

### Breakfast

#### **Sourdough & Avo**

##### **Method**

1 X large slice of oil-free wholegrain sourdough bread toasted, topped with 1 teaspoon of tahini paste, 1/2 a smashed avocado, salt and pepper to taste. Piece of fruit of your choice.

### Lunch

#### **Loaded Salad**

##### **Method**

1. Salad of chopped cantaloupe melon, an avocado, thinly sliced broccoli, handful of raisins, 1/2 cup of chickpeas, cucumber and lettuce. Dress with apple cider vinegar, lemon juice, balsamic, salt and pepper.



## Dinner

Serves 4

### ***Black Bean Soup with Crusty Bread and Avocado***

Make enough for tomorrow's lunch

#### ***For The Soup***

- 1 x large white onion diced
- 2 x medium sized diced carrots
- 1 x diced green bell pepper
- 1 x green or red hot pepper very finely sliced (or to taste)
- 3 x stalks of finely chopped celery
- 3-4 cloves of minced fresh garlic
- 2 tsp each of cumin, oregano and chili powder, 1 tsp of paprika
- 3 - 4 cups of vegetable boullion or broth to desired thickness
- 1 x 400g can of chopped tomatoes or passata sauce
- 1 x 400g can of drained black beans
- Fresh coriander
- Salt and pepper to taste
- 1 x lemon or lime
- 1 x small, crusty roll per person
- 1/4 medium avocado per person



## Method

1. Cook the carrot, pepper, onion, garlic and celery in a little vegetable broth until softened.
2. Add all spices and cook in for a minute more to bring out the flavour.
3. Add your tomatoes, black beans and vegetable broth.
4. Bring to a simmer.
5. You can either eat this soup chunky as it is, or take half out and whizz it up in a blender then return to the soup.
6. Stir in the coriander before serving.
7. Serve topped with chopped avocado, extra sliced chili (if desired), a squeeze of lemon juice and more coriander. Have your crusty bread for dipping.



### Breakfast

#### **Blueberry Beauty Porridge**

##### **For The Porridge**

- 4 x heaped dessertspoons of porridge oats
- Sugar-free nut milk
- Fresh or frozen blueberries
- Half a ripe banana
- 1 x dessertspoon of pumpkin seeds

##### **Method**

1. Make your porridge from 4 x heaped dessert spoons of porridge oats and nut milk to desired consistency.
2. Add a large handful of fresh or frozen blueberries, half a pre-mashed ripe banana and top with raw pumpkin seeds.

### Lunch

#### **Portion of Black Bean Soup and 1 x Chocolate And Walnut Bar.**





## Dinner

Serves 2

### ***Roasted vegetables with quinoa and pumpkin seeds***

Make enough veggies for tomorrows lunch

#### ***For TheVeg***

- Mixed veg of choice (beetroot, parsnip, red and white onions, swede, turnip, carrots, butternut squash, bell peppers). You want enough to fill a large roasting pan
- Head of broccoli cut into florets
- Whole bulb of garlic
- Mixed herbs and spices of choice (rosemary, thyme, paprika, salt and pepper are a good combo)
- Balsamic vinegar
- 1/2 cup of vegetable stock
- 1 x tablespoon of coconut oil (optional)
- Handful of pumpkin seeds
- 1 x cup of dried quinoa



## Method

1. Heat oven to 180 C (or medium oven).
2. Chop all your veggies into about 1 inch cube sizes.
3. De-clove your garlic bulb and crush each individual clove under a heavy knife (there is no need to peel).
4. Heat oil in the oven pan then add all your veggies (including garlic) apart from peppers and broccoli (these don't take as long to cook). If not using oil then just add stock. Cover your veggies in a good mix of your herbs, spices and a generous splash of balsamic vinegar. Make sure everything is well coated.
5. Bake for roughly 40-60 minutes, turning occasionally and adjusting spices if you need to. You may need to add your stock to stop things getting too dry. Don't forget to add your peppers and broccoli half way through!
6. In the meantime, cook your quinoa as per packet instructions. I like to cook with a teaspoon of vegetable bouillon for extra flavour.
7. Serve your roasted veggies on a bed of quinoa and topped with pumpkin seeds.

### Breakfast

#### ***Sourdough, Banana and Nut Butter***

##### ***Method***

Toast 1 x thick slice of sourdough or granary bread and top with 1 x large tbsp of peanut butter and 1 x sliced banana.

### Lunch

#### ***Roasted Veggie and Hummus Wrap***

##### ***Method***

Make a tortilla wrap from last night's left over vegetables, 1 x tablespoon of hummus and lots of rocket. You can use either bread of your choice or a wrap.



## Dinner

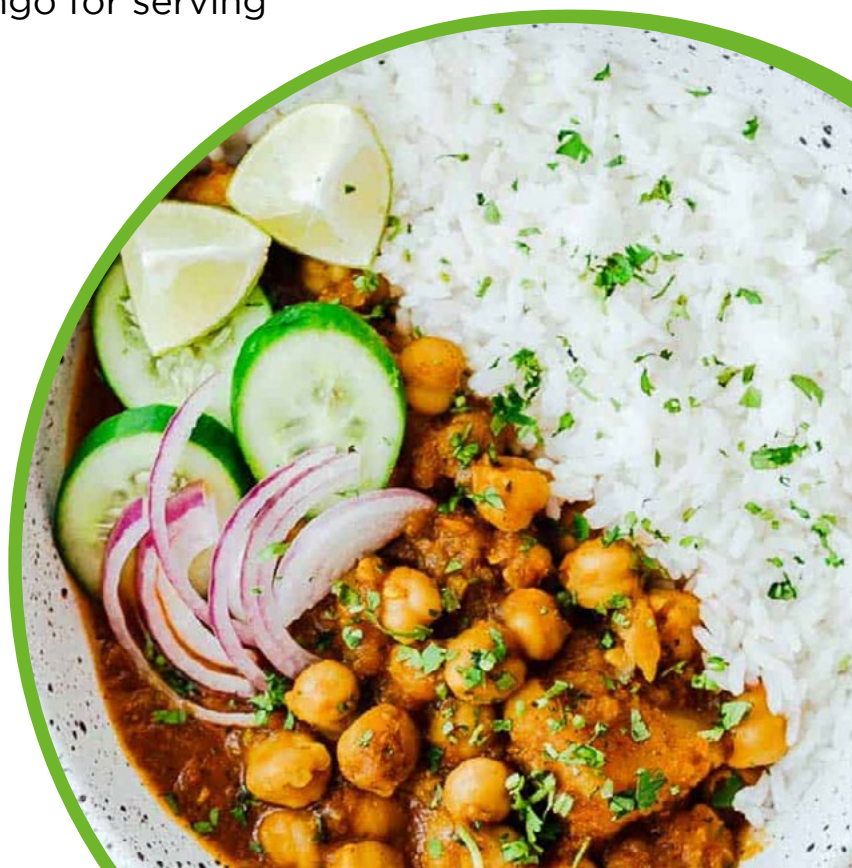
Serves 4

### ***Chana Masala and Red Pepper***

Make enough for tomorrow's lunch

#### ***Method***

- 1 x white onion
- 2 x 400g cans of chickpeas, drained
- 1 x 400g can of chopped tomatoes
- 1 x red bell pepper
- 4-5 cloves of crushed garlic
- 1 x inch of grated ginger
- 1 x tbsp of curry powder (or garam masala)
- About 10 x crushed cardamom pods
- Salt and pepper
- 1 x tsp turmeric powder
- 1 x tsp of dried coriander leaf
- 1 x sliced chili pepper or flakes
- 2 x tsp of brown or coconut sugar
- Fresh coriander (optional)
- Brown rice and chopped mango for serving



## Method

1. Fry 1 sliced onion and 1 chopped red bell pepper in a little oil until softened.
2. Add crushed garlic, sliced chili pepper, grated ginger and fry a little more. You can add water to prevent sticking if you don't want to use too much fat.
3. Add your spices of curry powder (or garam masala), crushed cardamom pods (don't use the pod, just the seeds crushed), salt, pepper, turmeric powder and dried coriander leaf. Dry fry for 1 minute.
4. Add 1 x can of chopped tomatoes, 2 x cans of drained chickpeas and about 2 x tsp of brown or coconut sugar (you will need to taste it to get this part right).
5. Simmer for a further 10 minutes, covered.
6. Add fresh coriander right before serving if using.
7. Serve with brown rice and chopped mango.

# ***Week Seven***

## ***Day Five***

65

### ***Breakfast***

***Chocolate And Walnut Energy Bar  
and a Piece of Fruit***

### ***Lunch***

***Chana Masala and Rice***

### ***Dinner***

Serves 6

***Burritos and Sweet Potato Fries***

Make enough burritos for tomorrow's lunch

#### ***For The Burritos***

- 6 x warm tortillas of your choice
- 2 x cans of fat free refried beans
- Salsa to taste
- Sliced red bell pepper
- 2 x cups of brown rice or quinoa
- Guacamole or chopped avocado for serving
- 3 x sweet potatoes
- Coconut oil



## Method

1. Pre-heat your oven to 190C (375F)
2. Wash your sweet potatoes thoroughly and slice into thin fries leaving the skins on for extra fibre and chewiness (about 1cm thick).
3. Add to your hot pan with seasoning and place in oven on middle shelf.
4. Warm your refried beans in a pan just to soften and make them easier to work with.
5. Place your tortillas on a work surface. Spoon your beans into a 'log' just of the centre. Top with your rice or quinoa, salsa and sliced bell pepper. Do not add you avocado.
6. Starting from the edge closest to you, tightly wrap the tortilla over the filling to seal, tuck the sides in and continue rolling. If you find this hard to get right from it just being written down, then there are lots of videos on Youtube to help you out.
7. Place on a baking sheet and bake for 15 minutes until golden.
8. Serve with your sweet potato fries and avocado (you may wish to re-open the burrito to add your avocado).
9. Leave your spare burritos to cool, then wrap tightly in tin foil ready for lunch (again, you can add your avocado before you wrap).

# ***Week Seven***

## ***Day Six***

67

### ***Breakfast***

***Homemade Granola with Plant Milk, topped with chopped fresh fruit of choice.***

### ***Lunch***

***Burritos from last night's dinner***

### ***Dinner***

***Buckwheat and Cashew Stir-fry***

Serves as many as you like depending on how many veggies you use



## *For The Stir-Fry*

- Pre-cooked buckwheat or soba noodles. Cook the amount of servings you need, then leave blanched in cold water so they don't stick together.
- Selection of fresh sliced vegetables including onions, peppers, courgette, carrot, mushrooms, broccoli, cabbage and beansprouts
- 2-3 cloves of crushed garlic
- Black pepper (you won't need to add salt to this dish as the tamari is very salty)
- Chili flakes or fresh
- Ginger powder or fresh
- Tamari sauce
- Sliced spring onions (for topping)
- Small handful of chopped cashews per portion
- Tsp of coconut, peanut or sesame oil (optional). If you don't use oil then you will need some vegetable broth/water instead

## *Method*

1. Heat in a large pan (or ideally a wok) your coconut oil or cooking liquid and a good splash of tamari sauce (don't let it burn).
2. Add all your veggies (except spring onions) and spices.
3. Flash fry for 3-5 minutes depending on how crunchy you like your vegetables (it works out better to only cook 1-2 portions at a time for more even cooking).
4. Mix in your noodles 1 minute before end of cooking time; add more tamari to taste.
5. Serve with your chopped cashew nuts and spring onions on top, plus another splash of tamari if you need it.

### *Breakfast*

#### ***Chocolate Peanut Butter Shake***

### *Sunday Lunch*

Serves 4

#### ***Sausage and Bean Casserole***

##### ***For The Casserole***

- Packet of 6 vegan sausages of choice
- 2-3 x large onions cut into big chunks
- 3-4 carrots sliced thickly
- 2 x 400g cans of cannellini beans
- 1.5 x cans of chopped tomatoes
- Fresh or dried herbs of thyme, rosemary, 15 juniper berries, bay leaf, pepper.
- 2-3 cloves of crushed garlic
- Good splash of mushroom ketchup or vegan Worcestershire sauce
- 1 x tsp paprika
- About 400ml of vegetable stock OR to desired consistency
- A tsp of stock/water
- Green peas and broccoli for serving

## Method

Make this in a casserole dish or slow cooker. If using a casserole dish then pre-heat oven to 170C (340F). Slow cooker will need 3-4 hours usually, but this will depend on your slow cooker.

1. Fry your sausages in a pan until brown on all sides.
2. Heat a large frying pan with your water/stock.
3. Add you chopped onions and carrots and flash fry to slightly caramelise for 3-4 minutes along with any dried herbs.
4. Chop your sausages into 6 pieces each.
5. Transfer ALL ingredients to you cooking dish of choice, mix gently once, then leave to slow cook for 1 hour if using oven.
6. Serve with green peas and broccoli.

## Dinner

### ***Vegan Cheese, Avocado and Spinach Toastie***

Use sliced tomato instead of cheese if you like.

## Method

1. Make in a Breville maker, a frying pan, or simply toast your bread in a toaster and add fillings whilst still very hot.



# ***Week Eight***

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# Week Eight Shopping List

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**DRIED GRAINS** – Buckwheat or chickpea pasta, granary or sourdough bread, quinoa, oats, brown rice, green lentils, buckwheat or soba noodles.

**DRIED SPICES** – Cayenne pepper, smoked paprika, dried basil, thyme, turmeric, ground coriander, all spice (pumpkin spice), dried rosemary

**NUTS AND SEEDS** – Toasted coconut flakes, pistachio nuts, walnuts, sesame seeds.

**CANNED GOODS** – 1 x black beans, 2 x chick peas, 1 x green lentils, 3 x chopped tomatoes, 1 x peaches in juice, 1 x mixed beans in water.

**FRESH VEGETABLES** – 1 x red, yellow and green bell pepper, 2 x heads of broccoli, 3 x white onion, 2 x red onion, 1 x cucumber, 8 x carrots, small red cabbage, celery, 3-4 medium white potatoes, bulb of fennel, small butternut squash, small bag of rocket (not needed until day 6), small bag of spinach, 8-10 portobello mushrooms (not needed until day 7), spring onions, 1 x avocado, fresh parsley (not needed until day 6)

**FROZEN PRODUCE** – Bag of podded edamame or broad beans, green peas, blueberries.

**FRESH HERBS** – Coriander, 2 x fresh garlic, parsley, basil.

**FRUIT** – Bunch of ripe bananas, 2 x mangoes, 3 x limes, 2 x apples, 2 x lemons, fruit of your choice for snacking, fresh or frozen berries of choice.

**MISCELLANEOUS** – Dark chocolate, vegan cheese/parmesan, sugar-free plant milk, block of firm tofu (not silken), coconut yoghurt (optional), hummus, tobacco sauce, sweet potato/corn/lentil or whole wheat tortilla wraps (freeze what you don't use), wholewheat flour, buckwheat flour, nutritional yeast, dry red lentils.

## THINGS TO PREP

### **BANANA BREAD RECIPE**

#### ***For The Banana Bread***

- 2 x tablespoons of ground flax mixed with 5 x tablespoons of water. Mix the two together to make a flax egg. Leave to stand for at least 10 minutes until it goes gloopy (like an egg)
- 2 x large or 3 x small very ripe mashed bananas (the riper the banana the better, as it will add more sweetness and a stronger banana taste to the cake)
- 2/3 of a cup of coconut sugar (or alternatively for a lower sugar version of 1/2 a cup of coconut sugar and a couple of teaspoons of xylitol sweetener)
- 1/2 a cup of apple sauce (you can make this easily by stewing chopped up Bramley apples in a little water for a couple of minutes in a saucepan. Then simply mash to a pulp. You will probably need roughly half a medium apple to make 1/2 of a cup of sauce). Freeze any left over sauce for next week
- 1 x cup of buckwheat flour
- 1 x cup of whole wheat flour
- 1/4 of a cup of nut milk, any kind
- 1 x tsp of baking powder
- 1/2 tsp salt
- Spices of your choice; either 1/2 teaspoon of nutmeg, 1 teaspoon of cinnamon, or 1 teaspoon of mixed spice, OR a mix of all of them
- Other added ingredients of your choice (see list above), but for the sake of this recipe we will be using 50 grams of chopped up dark chocolate and 1/2 cup of chopped walnuts as a topping.

## Method

1. Heat oven to 350 F or 180 C (350F).
2. Prepare your flax egg in a small bowl and leave aside whilst you prepare the rest of your ingredients.
3. In a bigger bowl, mash your bananas well and mix with your pre-prepared apple sauce.
4. Add your sugar, milk substitute, flax egg and mix well.
5. Add your flours, baking powder, dark chocolate chips/chunks, salt and spices of your choice and mix gently to combine. DO NOT over mix, you want to keep some air in there!
6. Add the mix to your prepared loaf tin (or cake tin if you would like a round cake). I always use a tin, either lined in tin foil or parchment paper to prevent sticking (parchment paper is your best option and should ideally be greased slightly so it comes away from the bread easily after cooking). This is especially important with fat free bakes as there will be no oils helping to prevent sticking.
7. Scatter your chopped up walnuts over the top, and press in slightly with a spoon so they don't instantly fall off once your loaf is cooked.

8. Place in your pre-heated oven and cook for roughly 50-60 minutes, depending on the size of the tin you have used. If it is a pretty small, deep tin then the loaf may take longer to cook, but your average bread tin will be about 50 minutes. Prick deeply with a sharp knife or cocktail stick to check if it's done, but only do this towards the end of your cooking time as you don't want to lose all your hard earned rise. The knife/cocktail stick should come out clean.
9. Take out of tin and leave to cool slightly on a wire rack before attempting to remove you tin foil or parchment paper, otherwise you will get burned fingers Either eat warm or leave to cool. Slice only when needed and enjoy with a cuppa!
10. Store wrapped in tin foil in an airtight container (I like to store mine in the fridge as I love it cold).



### ***Breakfast***

#### ***Slice of your homemade banana bread,***

With some fresh fruit of your choice (make sure it is not concentrated and is made from the whole fruit).

### ***Lunch***

Serves 2

#### ***Black Bean & Brown Rice Salad***

You can make this the night before to take to work, but you may want to leave the dressing ingredients (vinegar, cumin, lime juice) separate until serving.

#### ***For The Salad***

- 1 x 400g can of drained black beans
- 1 x ripe chopped mango
- 1 x tbsp of apple cider vinegar
- 1 x small green bell pepper, chopped into cubes
- Big handful of coriander (cilantro)
- 1 x tsp cumin
- Juice of 1 x lime
- 1/2 tsp cayenne pepper (optional)
- Salt and pepper taste

#### ***Method***

1. Mix all ingredients gently together in a bowl and serve on 1 x cup of brown/wild rice. This is a cold dish.



## ***Dinner***

Serves 2

### ***Broccoli & Chickpea Stir-Fry with Brown Rice***

#### ***For The Stir Fry***

- 1 onion diced
- 5 x garlic cloves minced
- 1 x heaped tbsp of fresh ginger minced
- 1 x tsp of onion powder
- 1 x tsp paprika
- 1/2 x tsp of smoked paprika
- Black pepper & sea salt to taste
- Pinch of cayenne pepper
- 1 x medium head of broccoli cut into small florets (450 g)
- 1/3 of cup of vegetable broth (80 ml)
- 1 x 400g can of chickpeas rinsed and drained
- Cooked brown rice for serving

#### ***For The Sauce***

- 3 x tsp of soy/tamari sauce
- 1/2 cup of water (120 ml)
- 2 x tbsp rice vinegar or balsamic vinegar
- 2 x tbsp of maple syrup or any other sweetener
- 1 x tbsp of cornstarch

## Method

1. Heat a pan over medium heat. Add onion, ginger, garlic, and all spices. Sauté for 3-4 minutes. Use a little water if needed.
2. Add broccoli florets and vegetable broth. Fry until the broccoli is tender but not soft, about 10 minutes.
3. Meanwhile, prepare the sauce: In a medium bowl, combine water, soy sauce, vinegar, maple syrup, and corn starch. Whisk.
4. Pour the sauce in the pan and add chickpeas.
5. Bring to a boil until the sauce simmers. Fry for a further few minutes
6. Taste and adjust seasonings. Add more salt/pepper/cayenne pepper if needed.
7. Serve with your pre-cooked brown rice. Enjoy!



### ***Breakfast***

## ***Chocolate Peanut Butter Shake***

### ***For The Shake***

- 1 x frozen, sliced banana
- 1.5 tbsp of cacao powder
- 1.5 tbsp of peanut butter (smooth or crunchy)
- 1 x cup of sugar-free nut milk

### ***Method***

1. Blast in your high power blender for about 20 seconds until frothy. Drink immediately.



## Lunch

Serves 4

### ***Coconut, Quinoa and Mango Salad***

Make enough for tomorrow's lunch

#### ***For The Salad***

- 1 x cup of dried white quinoa cooked as per packet instructions (usually in 2 cups of water)
- 1/2 finely sliced red onion
- 3 x cups of diced cucumber
- 1 x ripe mango cut into small chunks
- 1 x large grated carrot
- 1.5 cups of finely sliced red/purple cabbage
- 2 x cups of defrosted edamame beans
- 1/2 cup of toasted coconut flakes
- 1/4 cup of roughly chopped pistachios
- 1/4 cup of finely chopped parsley
- Handful of finely chopped fresh basil
- Salt and pepper to taste

#### ***For The Sauce***

- 2 x tbsp of tahini paste
- Juice of 1 lime
- 2 x tablespoons of apple cider vinegar
- 1/2 cup of water

## Method

1. Mix all of the salad ingredients together in a large bowl.
2. Whizz up the dressing ingredients in your blender.
3. Mix dressing into your salad last minute. DO NOT dress the salad that you will be saving in an airtight container for tomorrow's lunch. You need to leave them both separate and dress again before serving.

## Dinner

Serves 4

### ***Lentil Spag Bol***

Make enough for day 4 lunch

### ***For The Lentil Bol***

- 1 x 400g tin of green lentils
- 1 x medium sized chopped onion
- 1 x finely diced large carrot
- 2 x finely chopped sticks of celery
- 4-5 cloves of crushed garlic
- 2 x 400g tins of chopped tomatoes
- 1 x teaspoon each of paprika, oregano, thyme and basil (or fresh)
- Chilli flakes (optional)
- Vegetable stock cube or bouillon powder
- 1/2 cup of finely chopped walnuts
- Salt and pepper to taste
- Chickpea, lentil or buckwheat pasta to serve. Green salad.
- Vegan cheese (optional)



## Method

1. Fry your chopped onion, carrot and celery sticks until soft.
2. Add your oregano, basil, thyme, paprika, chilli flakes (optional), and fresh garlic. Fry for 1 more minute.
3. Add 2 x tins of chopped tomatoes, a vegetable stock cube or 1 x tsp of bouillon powder, 1 x tin of green lentils and half a cup of toasted and finely chopped walnuts (don't skip this part as it's the piece de resistance when it comes to texture).
4. Bring to simmer and reduce for 10 minutes. Add some hot water if required!
5. Serve with pasta and vegan cheese (optional), and a big green salad.



### ***Breakfast***

#### ***Fresh Toast***

##### ***For The Toast***

- 2 x slices of wholemeal bread
- 1 x dessert spoon of ground flax
- 1/4 tsp vanilla essence
- Pinch of salt
- 1/4 cup of nut milk
- Pinch of cinnamon or nutmeg.

##### ***Method***

1. Combine all the ingredients (apart from the bread) in a bowl big enough to soak your bread in.
2. Soak your bread on both side with the mixture.
3. Cook on a medium heat in a non-stick frying pan until golden both sides, turning once.
4. Serve with blueberry sauce made by microwaving a large handful of frozen blueberries for about 90 seconds on full power, or until bubbling. Finish with grated lemon zest and an optional drizzle of maple syrup.

### ***Lunch***

#### ***Leftover Coconut, Quinoa and Mango Salad***

### ***Dinner***

Serves 4

#### ***Red Lentil Fritters with Cabbage, Fennel and Apple Slaw***

##### ***For The Fritters***

- 3/4 of a cup of dry red lentils
- 2-3 crushed garlic cloves
- 1 small red onion, finely chopped
- 2 x medium potatoes
- 1 x carrot
- 1 x tsp of rosemary
- 1 x tsp of paprika
- 1/2 tsp of smoked paprika (use hot if you want some spice)
- 5 x tbsp of wholemeal flour
- Salt and pepper to taste



### ***Method***

1. Boil your red lentils until cooked properly.
2. Grate your peeled carrots and potatoes. (You can leave the skins on your washed potatoes for more fibre).
3. Combine ALL your ingredients, including the red lentils in a large bowl.
4. Heat your pan add about 1.5 tablespoons per fritter. Flatten out slightly and fry for 3 to 4 minutes each side until crispy.

Or cook on a baking tray in a medium heat oven for about 20 minutes. Be sure to turn over half way through to get even crispiness.

5. Serve with your pre-prepared cabbage, fennel and apple slaw.

### ***For The Slaw***

1. Finely slice (a food processor does this really well) half a red or white cabbage, a bulb of fennel, 1/2 an onion and 1 x crunchy apple.
2. Mix in a bowl with 2 x tbsp of apple cider vinegar, 1/2-1 lemon juice, 2 x tsp of fennel seeds (optional), salt and pepper to taste. (This salad stays delicious for up to 24 hours in an air-tight container).

### ***Breakfast***

***Slice of Banana Bread & Fresh Fruit.***

### ***Lunch***

***Lentil bolognese, 1 serving of pasta or jacket potato (fist size)***

### ***Dinner***

***Buckwheat Pasta with Roasted Butternut Squash, Broccoli, Peas and Homemade Parmesan***

(Make enough for tomorrow's lunch).

### ***For The Pasta***

- 200-250g buckwheat, lentil, chickpea or spelt pasta (dry weight).  
Or, 3 servings
- 1 x head of broccoli
- 1 x medium butternut squash
- 1 x cup of frozen peas
- 1 x teaspoon of smoked paprika
- Chilli flakes
- Balsamic vinegar
- Olive oil (optional)
- Salt and pepper
- 2 x tbsp of nutritional yeast



## Method

1. Chop butternut squash into bite size chunks, drizzle with balsamic vinegar and olive oil if using, plus paprika, chilli flakes, salt, pepper, and a sprinkle of dried garlic to taste. Roast in a medium oven until fully cooked.
2. Meanwhile, cook your pasta as per packet instructions.
3. Chop broccoli into florets and steam along with your peas until al dente.
4. Make you parmesan by blitzing in a blender (but ideally a coffee grinder), your nutritional yeast, garlic powder, sesame seeds and a pinch of salt and pepper (go easy on the salt, taste it first).
5. Toss all your ingredients (apart from the parmesan) together with a tiny drizzle of extra virgin olive oil (optional) and serve sprinkled with your vegan parmesan cheese.



### ***Breakfast***

#### ***Overnight Oats***

Make this the night before!

#### ***For The Oats***

- 1/2 cup of jumbo rolled oats
- 1 x tablespoon of chia seeds
- 1 x mashed, ripe banana
- 1 1/4 cup of sugar free plant milk (coconut is one of the tastiest)
- Cinnamon or other spices to taste (I love turmeric)
- Tinned peaches in juice.

#### ***Method***

1. Add all your ingredients (apart from you peaches) to a mason jar or something similar that you can eat out of in the morning.
2. Store covered in the fridge overnight to soften.
3. Add your tinned peaches on top in the morning.

### ***Lunch***

#### ***Last Night's Buckwheat Pasta and Vegetables***

## ***Dinner***

Serves 4

### ***Caribbean Tofu with Coconut Quinoa***

#### ***For The Tofu***

- 800 grams of firm block tofu cut into 2cm approx cubes
- A little olive or coconut oil for cooking (optional)
- Marinade Ingredients: 2 tsp ground coriander, 1tsp of all-spice, 1 tsp turmeric, 1 tsp of chilli flakes (or to taste), juice of 1 lemons and 1 lime, ground black pepper
- 200 grams of white quinoa (make sure you either soak if first or rinse it really well in cold water)
- Handful of coconut flakes



## Method

1. Mix all your marinade ingredients together in a bowl until smooth.
2. Add your tofu and coat thoroughly, stirring gently so you don't break up your tofu.
3. Cook your quinoa as per packet instructions.
4. A few minutes before the end of cooking time add your coconut. If everything begins to stick, just add more hot water a little at a time until your quinoa is tender. You DO NOT want to drain quinoa; the aim is to get it just right by adding more hot water slowly at the end.
5. Five minutes before the end of the quinoa cooking time you can begin to fry your tofu in a non-stick pan. If you are not using oil then you will need a very good non-stick pan or it will stick. Make sure you cook until lightly browned on all sides. If your quinoa has cooked in the meantime then remove it from the heat and cover to keep warm.
6. Serve your tofu on top of your quinoa.
7. Add some steamed side veggies if you need some greens with this.

### Breakfast

#### ***Homemade Granola with Coconut Yoghurt Or Plant Milk***

Plus fresh or frozen mixed berries.

### Lunch

#### ***Classic Hummus, Carrot & Rocket Sarnie***

##### ***Method***

Sandwich of 2 slices of thick wholemeal, or sourdough OR corn/sweet potato/whole wheat or lentil tortilla wrap, large tablespoon of hummus, a grated carrot, big handful of rocket, and salt and pepper to taste.

### Dinner

#### ***Brown Rice Jambalaya***

##### ***For The Jambalaya***

- 1 x diced medium onion
- 1/2 green, 1/2 red and 1/2 yellow pepper diced
- 2 x stalks of celery sliced
- 4-5 cloves of minced garlic
- 1 x 400g can of chopped tomatoes
- 1 x litre of vegetable stock





- Spices – 1 x tsp each of dried or fresh oregano, thyme and basil (more if it's fresh basil)
- 1/2 tsp each of smoked paprika and cayenne pepper
- Cracked black pepper and salt to taste
- 2 x bay leaves (optional)
- 2 x tbsp tamari sauce
- 2 x tbsp of tobacco sauce, or to taste
- 1 x 400g can of chickpeas
- 1 x 400g can of mixed beans (or whatever beans you prefer)
- A couple of sliced spring onions
- 2 x cups of uncooked brown rice
- Fresh, chopped parsley to finish

## Method

1. Heat a large pan (or frying pan) over a medium to high heat and add a splash of water.
2. Add your onion and garlic and cook on a medium heat for 5 minutes, or until soft.
3. Add celery, peppers and more water to keep things from sticking and to help with cooking. Sauté for 3-4 minutes.
4. Add your chopped tomatoes, brown rice, spices, stock, tamari and tobacco, bring to the boil, reduce heat to very low and cover.
5. Simmer for 30-40 minutes until the rice is cooked and the liquid absorbed. You will need to keep checking on it and stirring to stop it sticking, especially near the end when it's almost done.
6. When your rice is cooked, stir in your beans and add some salt to taste if you need it.
7. Heat through for a couple of minutes and serve with optional sliced spring onions.

### ***Breakfast***

#### ***Avocado and Spinach Smoothie***

##### ***Method***

Whizz in a blender, 1/2 a ripe avocado, 1 x ripe banana, a handful of spinach and oat milk to desired consistency.

### ***Sunday Lunch***

#### ***Rich and Tasty Vegetable Stew***

##### ***For The Stew***

- 1 x large chunkily chopped onion
- 4 x cloves of minced garlic, or to taste
- 1/2 a tablespoon of dried or fresh thyme
- 1 tsp of brown/coconut sugar or xylitol
- 8-10 portobello mushrooms, washed and sliced
- 2 x tbsp of tomato puree or paste
- 3 x carrots cut into bite size cubes
- 1 x cup of brown or green dried lentils
- 1 x cup of butternut squash cut into bite size cubes
- 1 x tablespoon of Vegan Worcestershire sauce
- 2 cups of vegetable stock
- 1/4 of a cup of balsamic vinegar
- Salt and pepper to taste

## Method

1. Add a splash of water to a large casserole dish or heavy bottomed non- stick pan then add your onions, thyme, salt and pepper and cook until softened on a medium heat.
2. Add your garlic and mushroom and cook out for a further 5 minutes or until lightly browned (do not burn, keep the heat down).
3. Pour in a quarter a cup of your stock, balsamic vinegar and tomato puree and bring to a simmer.
4. Add your lentils, squash, carrots and the rest of your stock and bring to a simmer.
5. Leave on the simmer, stirring occasionally for 30 minutes, or until lentils and veggies are soft.
6. In the meantime cook and mash your potatoes and serve with a big helping of steamed greens.

## *Dinner*

### ***Miso Soup with Noodles and Veggies***

#### ***For The Soup***

- Miso paste
- Chopped vegetables of choice
- Buckwheat or brown rice noodles
- Spring onions

#### ***Method***

1. Use 1 x tablespoon of miso paste to make a soup with chopped veggies of choice and buckwheat or brown rice noodles. Remember to cook your noodles first, and keep veggies al dente.
2. Top with chopped spring onion.



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