



# Food For Thought

*A collection of simple plant-based recipes that will help you to reverse insulin resistance.*

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# Preface – Insulin Resistance

Insulin is an **essential hormone** made by the islets of Langerhans beta cells which are in the pancreas, it circulates in blood and its role is to convert food into energy to be used immediately/burned by the body's cells (glucose). Insulin also helps to store the excess energy for future consumption (glycogen).

Many people describe insulin as a key which unlocks (almost) every cell in the body. This allows energy (glucose) to enter the cell where it can be used for energy.

Without insulin, there is no 'key' to 'unlock the door' and this means that:

- Glucose remains in the blood and stocks up (blood glucose levels climb).
- The body cells starve from the lack of glucose, become distressed and damaged because they do not have the energy to carry out their jobs and/or repair themselves.
- This is what happens in type 1 diabetes.
- Type 1 diabetes is caused when the immune system mistakenly destroys the special cells, called the islets of Langerhans beta cells, that make insulin.

## **Pre-Diabetes & Type 2 Diabetes**

Sometimes the cells of the body don't respond properly to the insulin. The insulin will try to serve as the 'key' to open the cells to allow the glucose to enter, but 'the key doesn't work'. Although there is enough insulin hormone in the bloodstream, the door for glucose remains unopened. This is a primary cause of pre-diabetes and type 2 diabetes.

This is called Insulin resistance. People with type 1 diabetes can also experience resistance to the insulin they are injecting. Some people with type 2 diabetes need to inject insulin but this is different to type 1 diabetes.



# Preface – Insulin Resistance

**Insulin resistance** appears when the cells (that are not designed to store fat) are clogged with fats. Insulin resistance is an important consideration in all types of diabetes (including type 1 diabetes) and there are a number of other factors that contribute to it.

Roughly 40% of your body is made from muscles. Muscle cells require lots of energy to give them the power to work, this is not just going to the gym and pumping iron. Your muscles are involved in every single movement you make, even your heart is a muscle!

When fat is stored in your muscles the muscle cells become **resistant to insulin**. If 40% of your body is insulin resistant then you will have challenges in maintaining a normal blood glucose level. This presents health risks but it also means that your energy levels will be low because your body is not getting the fuel that it needs.

A healthy liver should contain little or no fat. It's estimated up to 1 in every 3 people in the UK has early stages of Non Alcoholic Fatty Liver Disease (NAFLD), where there are small amounts of fat in their liver.

Having high levels of fat in your liver contributes to **insulin resistance** and is also associated with an increased risk of serious health problems, such as high blood pressure and kidney disease. If you already have diabetes NAFLD increases your chance of developing heart problems.

You can **reverse insulin resistance by limiting the total amount of fat that you eat per day to 15% of your total daily calories or less**, although we recommend that at least 10% of your calories should come from fats. If you do this by eating mostly, or better still, only whole foods that are plant-based then you will see the amount of carbohydrates you are eating go up and your blood glucose levels will come down. Your need for diabetes medications is likely to drop quickly and you should consult your health care team about this. We typically see people who follow this approach losing weight, without trying, and the biggest struggle they have is eating enough food!

The typical advice given to people with diabetes is to reduce carbohydrates, but this increases the amount of fat they eat and that promotes insulin resistance. The Good news is that if we eat carbohydrates coming from whole-plant foods, whilst also limiting processed foods and processed carbohydrates, then we can reverse insulin resistance. This is because whole plant-foods are typically lower on the glycaemic index, they reverse insulin resistance and even though carbohydrates rise HbA1c levels typically improve.



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## RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

# WEEKLY MEAL PLANNER 01

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>  Greek Chickpeas on Toast	<b>BREAKFAST</b>  Greek Chickpeas on Toast	<b>BREAKFAST</b>  Green Pea & Mint Dip	<b>BREAKFAST</b>  Banana & Almond Muffins	<b>BREAKFAST</b>  Banana & Strawberry Pancakes	<b>BREAKFAST</b>  Banana & Strawberry Pancakes	<b>BREAKFAST</b>  Protein Berry Smoothie Bowl
<b>LUNCH</b>  Quinoa Tabbouleh	<b>LUNCH</b>  Quinoa Tabbouleh	<b>LUNCH</b>  Leftover Red Sweet Potato Curry	<b>LUNCH</b>  Vegan 'Tuna' Salad	<b>LUNCH</b>  Vegan 'Tuna' Salad	<b>LUNCH</b>  Wild Rice, Tomato & Rocket Balsamic Salad	<b>LUNCH</b>  Wild Rice, Tomato & Rocket Balsamic Salad
<b>SNACK</b>  E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	<b>SNACK</b>  E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	<b>SNACK</b>  E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	<b>SNACK</b>  E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	<b>SNACK</b>  E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	<b>SNACK</b>  E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	<b>SNACK</b>  E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip
<b>DINNER</b>  Wild Rice, Tomato & Rocket Balsamic Salad	<b>DINNER</b>  Red Sweet Potato Curry	<b>DINNER</b>  Garlic Zucchini & Tomato Pasta	<b>DINNER</b>  Garlic Zucchini & Tomato Pasta	<b>DINNER</b>  Sesame Tempeh Stir-Fry	<b>DINNER</b>  Meal Out – Enjoy!	<b>DINNER</b>  Sesame Tempeh Stir-Fry





# WEEKLY MEAL PLANNER 02

## MONDAY

### BREAKFAST

Chickpea Scramble

### LUNCH

Green Beans & Cherry Tomato Salad

### SNACK

E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies

### DINNER

Veg & Tahini Tray Bake

## TUESDAY

### BREAKFAST

Chickpea Scramble

### LUNCH

Green Beans & Cherry Tomato Salad

### SNACK

E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies

### DINNER

Sweet Potato & Bean Bake

## WEDNESDAY

### BREAKFAST

Carrot Pancakes with Almond Caramel

### LUNCH

Leftover Sweet Potato & Bean Bake

### SNACK

E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies

### DINNER

Aubergine & Tomato Pasta

## THURSDAY

### BREAKFAST

Carrot Pancakes with Almond Caramel

### LUNCH

Potato & Sundried Tomato Salad

### SNACK

E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies

### DINNER

Aubergine & Tomato Pasta

## FRIDAY

### BREAKFAST

Banana Breakfast Oats

### LUNCH

Potato & Sundried Tomato Salad

### SNACK

E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies

### DINNER

Tempeh Bolognese

## SATURDAY

### BREAKFAST

Banana Breakfast Oats

### LUNCH

Sweet Potato, Quinoa & Bean Burger

### SNACK

E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies

### DINNER

Meal Out – Enjoy!

## SUNDAY

### BREAKFAST

Breakfast Oat Cookies

### LUNCH

Sweet Potato, Quinoa & Bean Burger

### SNACK

E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies

### DINNER

Tempeh Bolognese





**GREEK CHICKPEAS  
ON TOAST**

# GREEK CHICKPEAS ON TOAST



Serves: 4  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
253 kcal  
8g Fats  
33g Carbs  
11g Protein



## WHAT YOU NEED

- 2 tsp. olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- ½ tsp. smoked paprika
- ½ tsp. sweet paprika
- ½ tsp. brown sugar
- 1 can (14oz./400g) chopped tomatoes
- 1 can (14oz./400g) chickpeas, drained
- 4 slices bread, toasted
- handful parsley, to garnish
- ⅓ cup (60g) olives, halved, to garnish

## WHAT YOU NEED TO DO

*Heat the olive oil over medium-high heat on a medium pan. Add shallots and cook for 2-3 minutes, then add garlic and cook for another 1-2 minutes.*

*Add all the spices to the pan and mix well. Next add in the chopped tomatoes and 2 tbsp. of water. Simmer on low-medium heat until the sauce has reduced, around 10 minutes.*

*Mix in the drained chickpeas, season with salt, sugar and black pepper and cook for another 5 minutes until warmed through.*

*Serve on the toasted bread with parsley and black olives.*





## CHICKPEA SCRAMBLE

# CHICKPEA SCRAMBLE



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
417 kcal  
15g Fats  
56g Carbs  
19g Protein



## WHAT YOU NEED

- 2 cups (330g) canned chickpeas, drained
- ½ tsp. turmeric
- ½ tsp. paprika
- 2 tsp. olive oil
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 8 oz. (230g) spinach
- ½ avocado

## WHAT YOU NEED TO DO

*Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.*

*Heat the oil in a pan over medium-high heat and sauté the onion and garlic for 2-3 minutes, until fragrant.*

*Next, add in the mashed chickpeas and cook for another 5 minutes, then transfer to a bowl, cover with tin foil and set aside. Using the same pan wilt the spinach, adding a tablespoon of water.*

*Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with ¼ avocado.*





**BANANA  
BREAKFAST OATS**

# BANANA BREAKFAST OATS



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
381 kcal  
12g Fats  
60g Carbs  
10g Protein



## WHAT YOU NEED

- 1 cup (90g) oats
- 2 ripe bananas, mashed
- 2 tbsp. peanut butter
- favorite nuts and seeds, to garnish
- seasonal fruit, to garnish

## WHAT YOU NEED TO DO

*Divide oats between two bowls and add 3 tbsp. of water into each bowl.*

*Add in one mashed up banana into each bowl and mix well to combine. Set aside for 10 minutes for the oats to soften.*

*Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.*

**NOTE:** *garnishes (nuts, seeds, fruit) are not included in the nutrition information.*







**BANANA &  
STRAWBERRY PANCAKES**

# BANANA & STRAWBERRY PANCAKES



Serves: 4  
Prep: 15 mins  
Cook: 15 mins



Nutrition per  
serving:  
282 kcal  
7g Fats  
53g Carbs  
5g Protein



## WHAT YOU NEED

- 2 ripe bananas, mashed
- 1 cup (110g) spelt flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. lemon juice
- ¾ cup (180ml) almond milk
- ¾ cup (150g) strawberries, sliced
- 1 tbsp. coconut oil
- 4 tbsp. coconut yogurt
- 4 tbsp. maple syrup

## WHAT YOU NEED TO DO

*Mash the banana with a fork and combine them with the flour, baking powder, baking soda, and lemon juice. Next, slowly add in almond milk until you get a thick batter.*

*Finally, fold in the sliced strawberries, leaving some for garnish.*

*Heat some of the oil in a non-stick pan over medium heat, not too hot as then the pancakes will burn. Spoon a little less than ¼ cup of the batter per pancake (this will make around 8 pancakes).*

*Cook the pancakes for about 3 minutes on one side, then when bubbles start to appear flip and cook for another minute.*

*Serve the pancakes with a tablespoon of coconut yogurt and maple syrup, and garnish with remaining strawberries.*

*Nutrition information is per 2 pancakes.*





**CARROT PANCAKES  
WITH ALMOND CARAMEL**

# CARROT PANCAKES WITH ALMOND CARAMEL



Makes: 9  
Prep: 20 mins  
Cook: 30 mins



Nutrition per 2  
pancakes:  
363 kcal  
12g Fats  
57g Carbs  
8g Protein



## WHAT YOU NEED

### For pancakes:

- 1 rounded cup (140g) oat flour
- 1 tsp. cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- 1¼ tsp. baking powder
- ½ tsp. baking soda
- ¾ cup (180ml) oat milk
- 2 tbsp. almond butter
- 2 tsp. lemon juice
- 2 tbsp. maple syrup
- 1 cup (110g) carrots, grated
- 1 tbsp. coconut oil

### For almond caramel:

- ¼ cup (60ml) maple syrup
- 2 tbsp. almond butter
- pinch salt

## WHAT YOU NEED TO DO

*In a bowl, combine flour, spices, baking powder and baking soda. Whisk in the almond milk, almond butter, lemon juice and maple syrup. Then add in the grated carrots and mix well.*

*Heat up a non-stick frying pan over medium heat and grease it lightly with some of the coconut oil.*

*Ladle 2 tablespoons of the pancake mix per pancake. Cook each pancake for about 2 minutes on one side, then flip and another 1-2 minutes on the other side.*

*Serve with almond caramel sauce.*

### **To make the almond caramel:**

*Heat up the maple syrup in a small pot over low heat.*

*When it starts to boil gently, take it off the heat and stir in the almond butter with a pinch of salt.*

*Return the pan on the heat and simmer, stirring the caramel for another minute until thickened. Serves as a pancake topping.*





**PROTEIN BERRY  
SMOOTHIE BOWL**

# PROTEIN BERRY SMOOTHIE BOWL



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
297 kcal  
2g Fats  
49g Carbs  
23g Protein



## WHAT YOU NEED

- 1 cup (150g) frozen red berries
- 1 small banana, frozen
- ¼ cup (60ml) coconut milk
- 1 scoop vanilla vegan protein powder

## WHAT YOU NEED TO DO

*Place frozen berries and banana in a high-speed blender or food processor and blitz on low for about 30 seconds.*

*Add the milk and protein powder, and blend on low again, scraping down sides as needed, until the mixture reaches a soft-serve consistency. Add more milk if necessary, to reach desired consistency.*

*Transfer into a serving bowl and top with favorite toppings.*

**NOTE:** toppings are not included in nutrition information.





**BREAKFAST  
OAT COOKIES**

# BREAKFAST OAT COOKIES



Makes: 9  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
137 kcal  
6g Fats  
17g Carbs  
3g Protein



## WHAT YOU NEED

- 1 cup (90g) rolled oats
- 1/3 cup (30g) almond meal
- 3 tbsp. desiccated coconut
- 1 tsp. cinnamon
- 1/4 tsp. baking soda
- 3 tbsp. almond butter
- 3 tbsp. maple syrup
- 1 medium ripe banana, mashed
- handful fresh berries

## WHAT YOU NEED TO DO

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

*Place all the ingredients (apart from the berries) in a medium bowl and mix well, then place the mixture in the freezer for 10-15 minutes.*

*Using slightly wet hands, create 9 balls out of the mixture and place them on the baking tray and push them down to create cookie shapes. Gently press a few berries onto each cookie.*

*Bake for 20 minutes until golden and allow to cool completely before eating.*





A top-down view of a white ceramic bowl filled with a vibrant green pea and mint dip. The dip is garnished with several toasted pine nuts and a drizzle of oil. To the right of the bowl, several rectangular crackers are visible, topped with sesame seeds and other seeds. The background is a dark blue fabric.

**GREEN PEA &  
MINT DIP**

# GREEN PEA & MINT DIP



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per  
serving:  
92 kcal  
4g Fats  
11g Carbs  
4g Protein



## WHAT YOU NEED

- 1  $\frac{2}{3}$  cups (250g) green peas, frozen
- 1 clove garlic
- 2 tbsp. lemon juice
- $\frac{1}{2}$  avocado
- 2-3 sprigs fresh mint, leaves only

## WHAT YOU NEED TO DO

*Place frozen peas in a bowl and cover with boiling water. Let them stand for a few minutes until defrosted, then drain and transfer to a food processor or high speed blender.*

*Add in the garlic, lemon juice, avocado, mint leaves, and season with salt and pepper. Blend until smooth. Add 1-2 tbsp. of cold water if the dip is too thick. Taste and adjust seasoning to your taste.*

*Serve as a dip with fresh vegetables, crisps, crackers or pita.*



A top-down view of a glass bowl filled with a thick, light-colored hummus. The hummus is garnished with several pieces of dark red, sun-dried tomatoes. The bowl is placed on a dark grey slate surface. To the right of the bowl, several pieces of pita bread are stacked. The background is a light-colored, textured surface.

**SUNDRIED TOMATO  
HUMMUS**

# SUNDRIED TOMATO HUMMUS



Serves: 4  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
181 kcal  
10g Fats  
18g Carbs  
6g Protein



## WHAT YOU NEED

- 1½ cups (250g) chickpeas, drained
- ¼ cup (45g) sundried tomatoes in oil
- 1 clove garlic
- ½ lemon, juiced
- 2 tbsp. olive oil
- ½ teaspoon salt
- ¼ cup (60ml) water

## WHAT YOU NEED TO DO

*Add all the ingredients, except for the water, into a food processor and blend until creamy, stopping once to scrape down the sides.*

*Check for texture and consistency and add water as necessary. Serve with raw veggies, crackers, or chips.*





## **BABA GHANOUSH**

# BABA GHANOUSH



Serves: 6  
Prep: 20 mins  
Cook: 35 mins



Nutrition per  
serving:  
154 kcal  
10g Fats  
12g Carbs  
5g Protein



## WHAT YOU NEED

- 2 medium aubergine
- 2 cloves garlic, crushed
- 1 lemon, juiced
- 4 tbsp. tahini
- 2 tbsp. olive oil
- ½ tsp. ground cumin
- smoked paprika
- 1 tbsp. parsley, chopped

## WHAT YOU NEED TO DO

*Preheat the oven to 450°F (230°C). Line a large baking tray with baking paper.*

*Halve the aubergines lengthwise and brush the cut sides lightly with olive oil. Place them in the prepared tray with the halved sides down, roasting them for 35-40 minutes until the flesh is very tender.*

*Once aubergines are cooked, set them aside to cool, then scoop out the flesh with a spoon, discarding the skin.*

*Place the flesh on a sieve and leave for a bit (the longer, the better) to allow all the excess liquid to drain away.*

*Place the flesh in a bowl, add the garlic, lemon juice, tahini, olive oil, and cumin. Mash everything with a fork, and continue stirring and mashing until the mixture is creamy—season to taste with salt.*

*Transfer to a serving bowl and sprinkle with smoked paprika and chopped parsley to garnish.*



# QUINOA TABBOULEH



# QUINOA TABBOULEH



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
272 kcal  
10g Fats  
42g Carbs  
8g Protein



## WHAT YOU NEED

- 1 cup (170g) quinoa
- 2 medium tomatoes, finely diced
- 1 small cucumber, finely diced
- 1 bell pepper, finely diced
- 1 red onion, finely diced
- $\frac{2}{3}$  cup (15g) parsley, chopped
- $\frac{2}{3}$  cup (15g) mint, chopped
- juice of 2 limes
- 2 tbsp. olive oil

## WHAT YOU NEED TO DO

*Cook the quinoa according to instructions on the packaging. Once cooked, place in a large salad bowl.*

*Finely dice the vegetables and chop the fresh herbs, then add to the salad bowl.*

*Squeeze in the lime juice, drizzle with olive oil and season to taste with salt and pepper. Mix everything well until combined.*

*Serves as a salad or side dish. Store covered and refrigerated for up to 3 days.*







**GREEN BEANS &  
CHERRY TOMATO SALAD**

# GREEN BEANS & CHERRY TOMATO SALAD



Serves: 4  
Prep: 15 mins  
Cook: 5 mins



Nutrition per  
serving:  
163 kcal  
14g Fats  
10g Carbs  
2g Protein



## WHAT YOU NEED

- 1 lb. (450g) green beans
- 1 cup (150g) cherry tomatoes

### **For the dressing:**

- 1 clove garlic, minced
- 1/3 cup (15g) coriander, chopped
- 2 tbsp. lemon juice
- 1/4 cup (60ml) olive oil

## WHAT YOU NEED TO DO

*Trim the stem end of the green beans. Bring water to a boil in a large pot, and cook the beans for 3 minutes. Then drain and rinse with cold water, allowing them to cool completely.*

*Half the cherry tomatoes and place in a salad bowl. Once beans are cool cut them in 1-2 inch pieces and add to the salad bowl.*

*Make the dressing by placing the dressing ingredients in a food processor. Pulse until a smooth sauce has formed. Season to taste with salt and pepper.*

*Add the sauce to the green beans and tomatoes and mix well until coated. Serve immediately as a salad or side dish. Store covered in the fridge for 2-3 days.*



A top-down photograph of a white ceramic bowl filled with a creamy, chunky salad. The salad is topped with bright yellow corn kernels and finely chopped green chives. The bowl sits on a folded piece of light brown burlap fabric. To the right of the bowl is a wooden spoon with a natural grain. In the upper right corner, a slice of rustic, golden-brown bread is visible. The background is a light-colored, horizontally-grained wooden surface.

**VEGAN 'TUNA' SALAD**

# VEGAN 'TUNA' SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
255 kcal  
9g Fats  
35g Carbs  
10g Protein



## WHAT YOU NEED

- 2 ½ cups (400g) chickpeas, drained
- 2 nori sheets
- 2 tbsp. vegan mayo (or tahini)
- 2 tbsp. lemon juice
- 1 cup (175g) sweetcorn, drained
- 1 small onion, finely diced

## WHAT YOU NEED TO DO

*Place chickpeas in a bowl and mash them with a fork, leaving some bigger parts for more texture.*

*Blend the nori sheet in a high-speed blender until you get nori flakes. And add it to the chickpeas. Add the rest of the ingredients and stir until well combined.*

*Serve on its own, or a filling for sandwiches and jacket potatoes. Store in the fridge for up to 4-5 days.*





**POTATO & SUNDRIED  
TOMATO SALAD**

# POTATO & SUNDRIED TOMATO SALAD



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
161 kcal  
9g Fats  
17g Carbs  
4g Protein



## WHAT YOU NEED

- 1 lb. (450g) baby potatoes
- ½ cup (90g) green olives, halved
- ½ cup (70g) sundried tomatoes, drained, roughly chopped
- 2 tbsp. capers, drained
- handful chives, chopped
- 1 tbsp. oil from sundried tomatoes
- 1 tbsp. wholegrain mustard
- 1 tbsp. apple cider vinegar

## WHAT YOU NEED TO DO

*Place the potatoes in a pot of salted water and bring to a boil, lower the heat and simmer for about 20 minutes. Once cooked, drain and rinse in cold water. Once slightly cooled, peel, halve and place them in a bowl.*

*Add in the olives, sundried tomatoes, capers, and chives. Next, mix the oil for the tomatoes, mustard, and apple cider vinegar and drizzle over the salad. Season to taste with salt and pepper, mix well and serve.*



A top-down view of a terracotta bowl filled with a vibrant salad. The salad consists of wild rice, halved cherry tomatoes, fresh rocket leaves, and small yellow and red vegetables. The bowl sits on a striped placemat. To the right, a wooden spoon with a dark handle is placed on the placemat. The background is a light-colored, textured surface.

**WILD RICE, TOMATO &  
ROCKET BALSAMIC SALAD**

# WILD RICE, TOMATO & ROCKET BALSAMIC SALAD



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
288 kcal  
9g Fats  
44g Carbs  
7g Protein



## WHAT YOU NEED

- 1 cup (185g) rice
- 160g roasted peppers, drained, chopped
- ¼ cup (30g) roasted almonds, chopped
- 1 cup (150g) cherry tomatoes, halved
- 2 oz. (60g) rocket
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- ½ tsp. chili flakes

## WHAT YOU NEED TO DO

*Cook the rice according to instructions on the packaging. Once cooked, place in a large bowl.*

*Add in the peppers, almonds, tomatoes, and rocket. Drizzle with vinegar and oil, add chili flakes—season to taste with salt and pepper and mix until well combined, before serving.*





A top-down view of three round, golden-brown burgers with a textured, crumbly surface, arranged on a white ceramic plate with small dark speckles. The burgers are garnished with fresh green cilantro leaves. The plate is set on a light-colored, textured fabric with horizontal stripes. A semi-transparent white box with blue text is overlaid on the bottom left of the image.

**SWEET POTATO,  
QUINOA & BEAN BURGER**

# SWEET POTATO, QUINOA & BEAN BURGER



Makes: 4  
Prep: 10 mins  
Cook: 55 mins



Nutrition per  
serving:  
171 kcal  
6g Fats  
22g Carbs  
5g Protein



## WHAT YOU NEED

- 1 sweet potato
- 1/3 cup (60g) quinoa, raw
- 14 oz. (400g) can kidney beans, drained
- 1 tsp. rosemary
- 1/2 tsp. chili flakes
- 1 1/2 tbsp. olive oil

## WHAT YOU NEED TO DO

Preheat oven to 410°F (210°C) and cut the sweet potato into 3/4 inch (2cm) pieces. Place it in an ovenproof dish, drizzle with 1/2 tbsp. olive oil and season with salt & pepper, rosemary, and chili flakes. Bake for 25-30 minutes.

Once potatoes are cooked, allow them to cool slightly. Then peel off the skin, place in a bowl, and mash the flesh with a fork. Add in the drained beans and also mash with a fork.

Cook quinoa according to instructions on the packaging. Once cooked, transfer to the mashed beans and potato, season with salt & pepper, and mix well.

Using slightly wet hands, form 4 burgers and grease each one with the remaining olive oil. Place on a baking tray lined with tin foil and bake for 20-25 minutes in 410°F (210°C).





## **CURRIED TOFU SALAD**

# CURRIED TOFU SALAD



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per  
serving:  
178 kcal  
13g Fats  
11g Carbs  
6g Protein



## WHAT YOU NEED

- 7 oz. (200g) tofu, drained, crumbled
- 2 celery sticks, chopped
- 1 small onion, diced
- ¼ cup (30g) almonds, chopped
- ¼ cup (30g) raisins
- 3 tbsp. vegan mayonnaise
- 1 tsp. curry powder
- 1 tbsp. dill, chopped

## WHAT YOU NEED TO DO

*Crumble the tofu into a bowl. Add in the rest of the ingredients, season with salt & pepper, and stir well to combine.*

*Store in the fridge for up to 4-5 days.*





**ROASTED MISO  
POTATOES**

# ROASTED MISO POTATOES



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
220 kcal  
6g Fats  
38g Carbs  
4g Protein



## WHAT YOU NEED

- 21 oz. (600g) sweet potato
- 1 tbsp. olive oil
- handful coriander, chopped
- 2 tbsp. almonds, chopped

### **For the sauce:**

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

## WHAT YOU NEED TO DO

*Preheat oven to 425°F (220°C).*

*Wash the potatoes and cut them into wedges. Place them on a baking tray and drizzle with olive oil. Season with salt & pepper. Cook for 30 minutes or until soft and charred.*

*In the meantime, combine all the sauce ingredients in a small bowl.*

*Once potatoes are cooked, arrange them on a serving dish, drizzle with the sauce and top with chopped almonds and coriander.*





**ROASTED SWEET POTATO,  
KALE & QUINOA SALAD**

# ROASTED SWEET POTATO, KALE & QUINOA SALAD



Serves: 4  
Prep: 20 mins  
Cook: 40 mins



Nutrition per  
serving:  
224 kcal  
8g Fats  
33g Carbs  
6g Protein



## WHAT YOU NEED

- 2 medium sweet potatoes, chopped into cubes
- 2 tbsp. olive oil
- ½ cup (85g) quinoa, uncooked
- 1 red onion, cut into wedges
- 2 cloves garlic, minced
- 1 bunch curly kale, de-stemmed and torn into pieces
- 2 tbsp. balsamic vinegar
- 1 tsp. thyme

## WHAT YOU NEED TO DO

*Preheat oven to 400°F (200°C).*

*Place sweet potatoes in baking dish and drizzle with 1 tbsp. oil. Season to taste with salt and pepper. Bake in the oven for 25-30 minutes until tender. Then set aside to cool.*

*In the meantime, cook quinoa according to instructions on the packaging. Once cooked, set aside to cool.*

*Meanwhile, heat the remaining 1 tbsp. of oil in a large skillet over medium heat. Cook the onion and garlic, for about 10 minutes, until golden brown.*

*Stir in the kale and continue cooking until wilted. Transfer the kale mixture to a large bowl and set aside to cool.*

*Once all the ingredients have cooled, add in the sweet potatoes and quinoa to the large bowl. Drizzle with balsamic vinegar and season to taste with salt and ground pepper. Stir to combine and serve.*







**RED SWEET  
POTATO CURRY**

# RED SWEET POTATO CURRY



Serves: 4  
Prep: 10 mins  
Cook: 35 mins



Nutrition per serving:  
459 kcal  
18g Fats  
62g Carbs  
13g Protein



## WHAT YOU NEED

- 2 tsp. coconut oil
- 1 white onion, diced
- 2 cloves garlic, minced
- 4 tbsp. Thai red curry paste
- 2 sweet potatoes, peeled and diced
- 14oz. (400g) can chopped tomatoes
- 1 cup (240ml) vegetable stock
- ¼ cup (65g) smooth natural peanut butter
- ½ cup (120ml) canned coconut milk, light
- juice of 1 lime
- 3 cups (480g) cooked white rice
- ¼ cup (30g) peanuts, chopped
- handful coriander, chopped

## WHAT YOU NEED TO DO

*Heat the coconut oil over medium heat in large pan. Add the onion and cook for around 5 minutes until soft.*

*Next add the garlic and red curry paste and stir well. Add the sweet potatoes, chopped tomatoes, vegetable broth, and season with salt and pepper. Bring to a boil, then reduce the heat to medium-low and simmer for 30 to 35 minutes until the sweet potatoes are tender.*

*In a small bowl, whisk together the peanut butter and coconut milk. Pour into the pan and stir well to combine.*

*Remove from the heat, squeeze in lime juice, mix well and serve with the cooked rice. Garnish with the chopped peanuts and coriander.*





**GARLIC ZUCCHINI  
& TOMATO PASTA**

# GARLIC ZUCCHINI & TOMATO PASTA



Serves: 4  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
276 kcal  
7g Fats  
48g Carbs  
8g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

*Cook the pasta according to instructions on the packaging.*

*Heat olive oil over medium heat in a pan and sauté the zucchini and cherry tomatoes for 2-3 minutes. Season with salt and pepper, add in the crushed garlic and cook for another 2 minutes.*

*Add in the cooked pasta and mix well—season with smoked paprika and chili flakes.*

*Divide between bowls and top with vegan parmesan cheese and dried parsley.*





**SESAME TEMPEH  
STIR-FRY**

# SESAME TEMPEH STIR-FRY



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
507 kcal  
13g Fats  
54g Carbs  
17g Protein



## WHAT YOU NEED

- 7 oz. (200g) tempeh, cut into cubes
- 1 tbsp. olive oil
- 1 tbsp. ginger, grated
- 2 cloves garlic, crushed
- 1 tbsp. sesame oil
- 1 tbsp. rice wine vinegar
- 3 tbsp. tamari (or soy sauce)
- 2 tbsp. maple syrup
- 2 carrots, chopped or cut into thin strips
- ½ broccoli head, florets
- 1 bell pepper, sliced
- 1 tbsp. sesame seeds, to garnish
- spring onion or chives, to garnish
- 3 cups (585g), brown rice, cooked

## WHAT YOU NEED TO DO

*Heat the olive oil in a pan over medium-high heat and cook the tempeh for about 6 minutes, occasionally stirring until browned on each side.*

*In the meantime, prepare the sauce by mixing ginger, garlic, sesame oil, rice wine vinegar, soy sauce, and maple syrup in a bowl.*

*Add half the sauce to the pan with the tempeh, mix until coated, then remove it from the pan and set it aside.*

*Add the carrots, broccoli and pepper, and remaining sauce to the pan and cook for about 5 minutes, or until veggies are tender.*

*Next, add in the tempeh and cook for another 3-5 minutes or until the vegetables are cooked through.*

*Once ready, serve with ¾ cup cooked brown rice, sesame seeds, and sliced spring onion or chives.*





**AUBERGINE &  
TOMATO PASTA**

# AUBERGINE & TOMATO PASTA



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
459 kcal  
11g Fats  
76g Carbs  
14g Protein



## WHAT YOU NEED

- 3 cups (300g) pasta, uncooked
- 2 aubergines, cut into bite-size pieces
- 1 tbsp. olive oil
- 1 tbsp. oil from sundried tomatoes
- 14 oz. (400g) can chopped tomatoes
- 10 sundried tomatoes, drained
- 3 cloves garlic, minced
- 1 onion, diced
- 2 tbsp. tomato puree
- 1 tsp. coconut sugar
- 2 tsp. mixed herbs

## WHAT YOU NEED TO DO

*Preheat the oven to 375°F (190°C). Cook pasta according to instructions on the packaging.*

*Place the cut aubergine on a baking tray lined with baking paper and drizzle with 1 tbsp. of oil. Season with salt and cook in the oven for 35 minutes, until soft.*

*While the aubergine is cooking, heat 1 tbsp. of the sundried tomato oil in a pan over medium heat. Sauté the onion and garlic for around 5 minutes.*

*Next, add in the tomato puree, mixed herbs, and sundried tomatoes. Mix well and continue cooking for 2 minutes. Then add the chopped tomatoes and sugar. Reduce the heat and simmer until the aubergine is ready.*

*Once pasta and aubergine are ready, mix everything, and serve.*







**VEG & TAHINI  
TRAY BAKE**

# VEG & TAHINI TRAY BAKE



Serves: 4  
Prep: 10 mins  
Cook: 35 mins



Nutrition per  
serving:  
260 kcal  
13g Fats  
26g Carbs  
11g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

*Preheat oven to 190°C (375°F).*

*Place the chopped vegetables in a baking tray, drizzle with olive oil and season with salt and pepper. Mix well and cook in the oven for 35 minutes or until vegetables are cooked.*

*In a small bowl, mix the tahini, lemon juice, milk, and sesame seeds, then set aside.*

*Once vegetables are cooked, mix them with the tahini sauce and serve with fresh coriander.*





**TEMPEH BOLOGNESE**

# TEMPEH BOLOGNESE



Serves: 4  
Prep: 10 mins  
Cook: 45 mins



Nutrition per  
serving:  
413 kcal  
10g Fats  
62g Carbs  
19g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

*Cook pasta according to instructions on the packaging.*

*Heat olive oil over medium-high heat in a large pan. Add garlic and onion and sauté until fragrant, for about 3-4 minutes. Add in bell pepper and crumbled tempeh and sauté for another 5 minutes.*

*Reduce heat to medium-low and add chopped tomatoes, tomato puree, vinegar and mixed herbs – season with salt and pepper. Bring to boil and let it simmer for 5-6 minutes or until heated through.*

*To serve, divide pasta and Bolognese between plates and garnish with basil.*





## TOFU PAD THAI

# TOFU PAD THAI



Serves: 4  
Prep: 15 mins  
Cook: 15 mins



Nutrition per  
serving:  
46g kcal  
18g Fats  
68g Carbs  
15g Protein



## WHAT YOU NEED

### For the sauce:

- ¼ cup (60ml) tamari
- ¼ cup (60ml) maple syrup
- 3 tbsp. water
- 2 tbsp. rice vinegar
- 2 tbsp. peanut butter
- 1 tbsp. sriracha

### For the tofu:

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

### For the Pad Thai:

- 8 oz. (225g) thick rice noodles
- 1 tbsp. coconut oil
- 2 shallots, chopped
- 2 large carrots, sliced into ribbons or matchsticks
- 3 cloves garlic, minced
- 2 handfuls bean sprouts
- 3 spring onions, sliced (green part)
- ¼ cup (30g) peanuts, chopped, to serve
- 1 lime, cut into wedges

## WHAT YOU NEED TO DO

Mix all the sauce ingredients in a bowl and set aside.

In a large bowl, toss the tofu with flour and season with salt making sure all sides are coated and set aside.

Cook the noodles according to instructions on the packaging.

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

Now add the shallots, carrots, and garlic to the wok. Stir fry for 1-2 minutes until softened, add in the earlier prepared sauce and noodles, and cook for 1 minute.

Next, add in the tofu and bean sprouts, and gently mix until well combined. Remove from heat and top with the green part of the spring onions. Serve with peanuts and lime wedges.

### PRESSING TOFU:

Wrap a block of tofu in a few paper towels and place it on a plate. Place a cast-iron skillet on top (or something heavy) and let it drain for about 15 minutes or more. Pat dry to remove excess moisture on the surface.





**QUICK VEGETABLE  
STIR FRY**

# QUICK VEGETABLE STIR FRY



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
273 kcal  
8g Fats  
45g Carbs  
6g Protein



## WHAT YOU NEED

### **For the sauce:**

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

### **For the stir-fry:**

- 6 ⅓ oz. (180g) rice noodles
- 1 tsp. toasted sesame oil
- 1 large carrot, spiralized
- 1 zucchini, spiralized
- ½ cup green peas, frozen
- 1 tbsp. sesame seeds
- coriander, to serve

## WHAT YOU NEED TO DO

*Mix all the sauce ingredients.*

*Cook noodles according to instructions on the packaging, then set aside.*

*Spiralized the carrot and zucchini. However, if you don't have a spiraliser, then just grate them using the large holes.*

*Heat 1 tsp. of sesame oil in a large skillet over medium heat. Add in the carrot and zucchini noodles and cook for 3-4 minutes. Next, add in the green peas, sesame seeds, and cooked noodles. Mix well and cook for another 3-4 minutes.*

*Finally, add in the sauce and cook for a final 2-3 minutes until warmed through. Serve with fresh coriander.*







**ROASTED AUBERGINE  
AND TOMATO STEW**

# ROASTED AUBERGINE AND TOMATO STEW



Serves: 4  
Prep: 5 mins  
Cook: 50 mins



Nutrition per  
serving:  
260 kcal  
9g Fats  
34g Carbs  
10g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

*Pre-heat the oven to 400°F (200°C). Place the cut aubergine into a baking dish and drizzle with 1 tbsp. olive oil and season with salt. Cook in the oven for 40 minutes until soft.*

*In the meantime, heat the remaining 1 tbsp. oil in a large skillet over medium heat.*

*Add the onion and garlic, season with salt and pepper, and cook for 5-6 minutes until soft—then add in the mixed herbs, tomato puree, and cook for another 2 minutes.*

*Next, add in the chopped tomatoes, vinegar, chickpeas, and cherry tomatoes. Bring to boil, then reduce heat and continue simmering until the aubergine is ready.*

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



A top-down view of a grey ceramic bowl filled with a rice bowl. The bowl contains a mix of brown rice, chickpeas, and cauliflower florets, all coated in a light sauce. Fresh green cilantro leaves are scattered on top. The bowl is placed on a light-colored wooden surface. To the right of the bowl, a wooden spoon is visible. In the top left corner, a few whole chickpeas are scattered. In the bottom left corner, a small bunch of fresh cilantro is visible.

**SPICY CAULIFLOWER &  
CHICKPEA RICE BOWL**

# SPICY CAULIFLOWER & CHICKPEA RICE BOWL



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
380 kcal  
11g Fats  
57g Carbs  
13g Protein



## WHAT YOU NEED

- 1 medium cauliflower, broken into florets
- 14 oz. (400g) can chickpeas, drained
- 1 tbsp. olive oil
- 3 cups cooked rice

### For the sauce:

- 2 tbsp. sriracha
- 2 tbsp. tamari
- 1 tbsp. maple syrup
- 2 tsp. apple cider vinegar
- 2 tsp. fresh ginger, minced
- 2 cloves garlic, minced
- 1 tsp. sesame oil
- 2 green onions, chopped
- ¼ cup (30g) peanuts, chopped

## WHAT YOU NEED TO DO

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

*Break the cauliflower into bite-size florets and place them on the tray along with drained chickpeas. Drizzle with olive oil and season to taste with sea salt and pepper—bake in the oven for 20 minutes.*

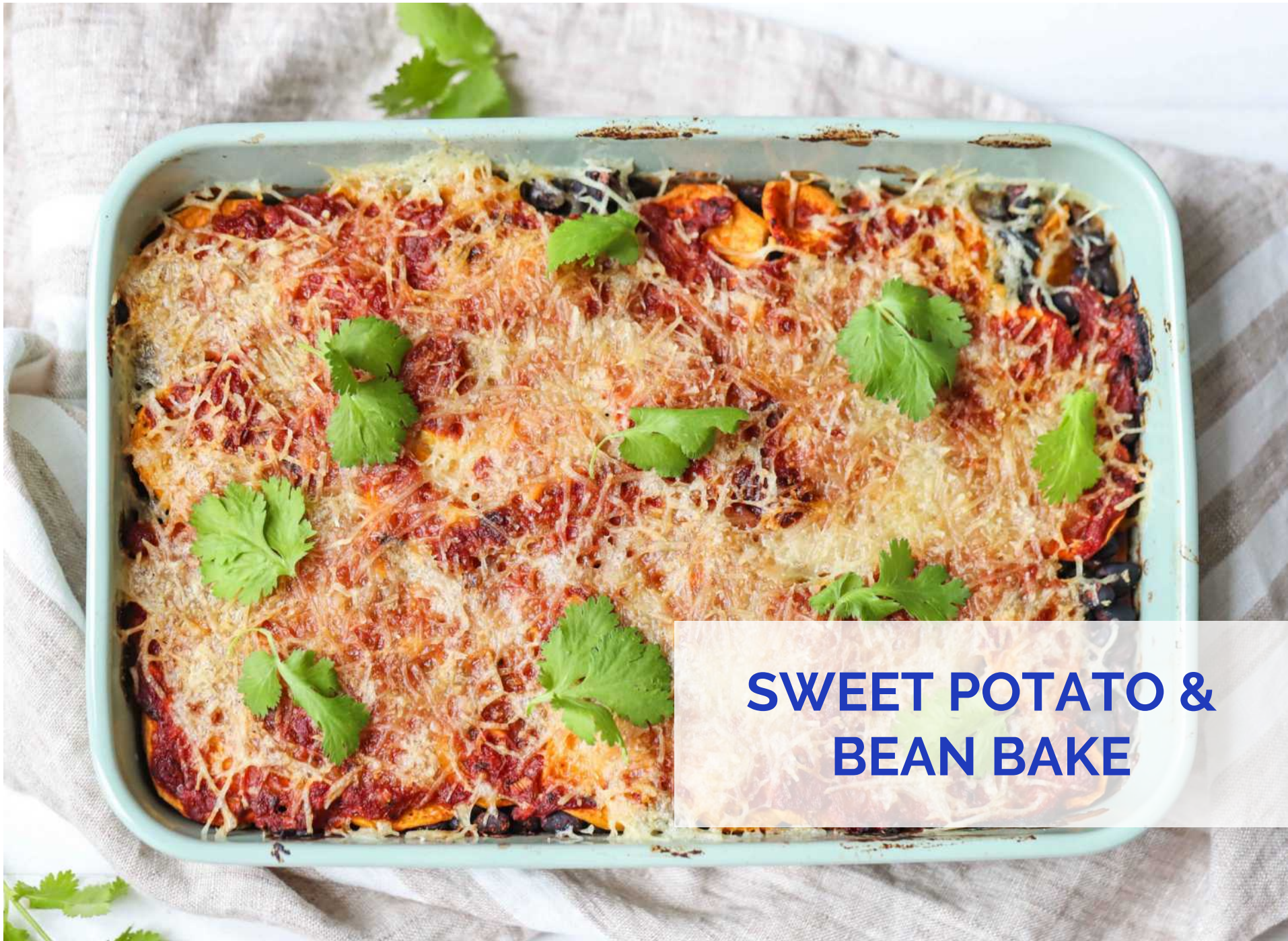
*In the meantime, prepare the sauce by mixing all the sauce ingredients in a small bowl.*

*Once cauliflower and chickpeas are roasted, remove from oven and mix with the earlier prepared sauce.*

*Increase the oven temperature to broil, return the tray into the oven and cook for about another 5 minutes.*

*Remove from the oven divide between bowls and serve with a portion of rice.*





**SWEET POTATO &  
BEAN BAKE**

# SWEET POTATO & BEAN BAKE



Serves: 4  
Prep: 30 mins  
Cook: 75 mins



Nutrition per  
serving:  
361 kcal  
17g Fats  
44g Carbs  
9g Protein



## WHAT YOU NEED

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

### For the sauce:

- 1 tbsp. olive oil,
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tsp. ground cumin, more to season layers
- 2 tsp. smoked paprika, more to season layers
- 1 tsp. mixed herbs, more to season layers
- 14 oz. (400g) can chopped tomatoes
- ¼ cup (60ml) tomato puree

## WHAT YOU NEED TO DO

*Firstly, prepare the tomato sauce. Heat the olive oil in a large pan over medium-high heat.*

*Add the diced onion and garlic and fry until fragrant, 3-4 minutes. Next, add in the spices and herbs and cook for another minute, stirring.*

*Add in the chopped tomatoes and tomato puree, and season with salt and pepper to taste. Bring to boil and then reduce heat to low and simmer for 15-20 minutes until the sauce is reduced and thickens.*

*Preheat the oven to 355°F (180°C). Spread half of the tomato at the bottom of a baking dish.*

*Slice the sweet potatoes into 0.1" (3mm) thin slices and try to make each slice the same thickness.*

*Place a layer of sweet potato on the tomato sauce overlapping slightly—season with salt, herbs, and smoked paprika.*

*Next, spread 1 can of black beans on top of the potato. Follow with another layer of sweet potato, and season with salt, herbs, and smoked paprika. Spread the second can of black beans followed with a third layer of sweet potato. Again season with salt, herbs, and smoked paprika.*

*Finally, top with the remaining tomato sauce. Cover with a piece of tin foil and bake for about 40-50 minutes, until the sweet potato is cooked through.*

*Sprinkle with grated vegan cheese and bake without cover for another 10-15 minutes, until the cheese has melted.*



A top-down view of a clear glass filled with a thick, light-orange smoothie. The smoothie is topped with a small pile of rolled oats. The glass sits on a light-colored surface with a faint, repeating pattern of leaves or feathers. A semi-transparent white box with a blue border is overlaid on the bottom left of the glass, containing the text.

**PRE-WORKOUT OAT &  
BANANA SMOOTHIE**

# PRE-WORKOUT OAT & BANANA SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
291 kcal  
7g Fats  
54g Carbs  
6g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

*Then place all the ingredients in a blender and blitz until smooth. Serve immediately.*







**POST-WORKOUT CHOCOLATE  
PROTEIN SMOOTHIE**

# POST-WORKOUT CHOCOLATE PROTEIN SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
401 kcal  
20g Fats  
38g Carbs  
24g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

*Place all the ingredients in a blender and blitz until smooth.  
Serve immediately.*





**VEGAN NUTELLA**

# VEGAN NUTELLA



Serves: 16  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
119 kcal  
10g Fats  
7g Carbs  
3g Protein



## WHAT YOU NEED

- 2 cups (240g) roasted hazelnuts
- 1 tbsp. vanilla extract
- 4 tbsp. cocoa powder
- 4 tbsp. maple syrup
- ¼ tsp. salt
- 2 tsp. coconut oil
- ½ cup (120ml) hazelnut milk (or almond)

## WHAT YOU NEED TO DO

*Place the roasted hazelnuts in a high-speed blender and blend until ground to tiny pieces.*

*Add in the rest of the ingredients and blitz again until smooth. You will need to scrape down the edges a few times during this process. Add in additional milk if required to reach a butter-like texture.*





**ENERGY BALLS**

# ENERGY BALLS



Makes: 10  
Prep: 15 mins  
Cook: 0 mins



Nutrition per  
serving:  
137 kcal  
9g Fats  
11g Carbs  
2g Protein



## WHAT YOU NEED

- 1 cup (120g) dates, without stone
- $\frac{3}{4}$  cup (60g) almond meal
- $\frac{1}{2}$  cup (30g) desiccated coconut
- 2 tbsp. chia seeds
- 2 tbsp. coconut oil, melted
- 1 tbsp. natural peanut butter

## WHAT YOU NEED TO DO

*Place all ingredients in a high-speed blender or food processor and blitz until everything is well combined and chopped to small pieces.*

*Using your hands, form 10 balls about the size of a walnut. Place them in the fridge to chill for at least 1 hour so that they become more solid.*

*Store in the fridge in an airtight container for up to 2 weeks.*





**MATCHA  
ENERGY BALLS**

# MATCHA ENERGY BALLS



Makes: 12  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
94 kcal  
6g Fats  
7g Carbs  
2g Protein



## WHAT YOU NEED

- 1 tbsp. matcha powder
- 1 cup (80g) desiccated coconut
- ¼ cup (50g) coconut flour
- 1 scoop (25g) vanilla protein powder (vegan mix)
- 2 tbsp. coconut oil
- 3 tbsp. maple syrup

## WHAT YOU NEED TO DO

*Add all ingredients into a food processor and pulse until well combined.*

*Form into 12 balls with your hands and store in the fridge for up to 7 days.*







**SIMPLE VEGAN  
OAT COOKIES**

# SIMPLE VEGAN OAT COOKIES



Makes: 12  
Prep: 15 mins  
Cook: 20 mins



Nutrition per  
serving:  
166 kcal  
9g Fats  
18g Carbs  
4g Protein



## WHAT YOU NEED

- 2 cups (180g) oats
- 1 cup (100g) oat flour
- 5/8 cup (70g) almond meal
- 6 tbsp. maple syrup
- 4 tbsp. coconut oil, melted
- 1 tsp. baking powder

## WHAT YOU NEED TO DO

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

*In a bowl, mix the oats, flour, almond meal, baking powder, and a pinch of salt. Add in maple syrup and coconut oil, mix well until combined.*

*Using slightly wet hands, create 12 balls out of the mixture and place them on the baking tray and push them down to create cookies shapes.*

*Bake for 20 minutes until golden and allow to cool before eating.*



A top-down view of several banana and almond muffins. The muffins are golden-brown and topped with sliced almonds and banana pieces. They are arranged on a black wire cooling rack. The background is a light-colored surface with a repeating pattern of stylized leaves or flowers in shades of yellow and brown. The muffins are held in bright pink, scalloped-edged paper liners. The central muffin is the most prominent, showing its texture and toppings clearly.

**BANANA &  
ALMOND MUFFINS**

# BANANA & ALMOND MUFFINS



Makes: 6  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
210 kcal  
10g Fats  
28g Carbs  
5g Protein



## WHAT YOU NEED

- 2 ripe bananas, mashed
- ¼ cup (60ml) maple syrup
- ¼ cup (60ml) almond butter
- ½ cup (55g) spelt flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- ¼ cup (30g) walnuts

## WHAT YOU NEED TO DO

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

Mash the bananas with a fork and combine with the maple syrup and almond butter. Fold in the flour, baking powder, and baking soda and mix well.

Divide the batter between the 6 muffin cups. Top each one with the walnuts.

Bake for about 18-20 minutes in the middle of the oven, or until a toothpick comes out clean.

Remove the muffins from the oven and cool completely before serving.





**LEMON & BERRY  
CHEESECAKE**

# LEMON & BERRY CHEESECAKE



Serves: 16  
Prep: 30 mins  
Chill: 2 hrs



Nutrition per  
serving:  
297 kcal  
19g Fats  
30g Carbs  
5g Protein



## WHAT YOU NEED

### For the crust:

- ½ cup (40g) desiccated coconut
- 1 cup (100g) walnuts, chopped
- 12 medjool dates
- pinch of salt

### For the lemon layer:

- 2 cups (230g) cashews, soaked for 4 hours or overnight
- 1 cup (240ml) coconut cream
- 4 tbsp. coconut oil, soft
- ½ cup (120ml) maple syrup
- zest of 1 lemon
- juice of 1 lemon juice
- pinch of salt

### For the berry layer:

- 1 cup (150g) frozen red berries
- 2 tbsp. chia seeds
- 2 tbsp. lemon juice
- 2 tbsp. maple syrup

## WHAT YOU NEED TO DO

Place all the crust ingredients into a food processor and blitz until sticky paste forms. Transfer the crust into a cake tin or springform pan and press evenly to form the bottom layer. Place the tin in the freezer while you make the other layers.

Drain the cashews and pat dry with a kitchen towel. Place all the lemon layer ingredients in a food processor and puree until smooth. Spread over the crust and return into the freezer.

Prepare the last berry layer. Place all ingredients in the food processor and puree until smooth. Spread over the top of the cheesecake only when the lemon layer has set completely. Garnish with additional berries (optional). Return to the freezer and freeze until set.

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





**ALMOND &  
PEACH CAKE**

# ALMOND & PEACH CAKE



Serves: 12  
Prep: 10 mins  
Cook: 50 mins



Nutrition per  
serving:  
199 kcal  
6g Fats  
30g Carbs  
5g Protein



## WHAT YOU NEED

- 4 tbsp. almond butter
- ½ cup (125g) peach vegan yogurt (like Alpro)
- ½ cup (120ml) almond milk
- ½ cup (120ml) + 2 tbsp. maple syrup
- 1 tbsp. lemon juice
- 2 tsp. vanilla extract
- 2 peaches, cut into 8 segments each
- scant 2 cups (240g) all-purpose flour
- ¾ cup (80g) almond meal
- 1 tsp. baking powder
- ½ tsp. baking soda
- 2 tsp. cinnamon
- 3 tsp. ground ginger

## WHAT YOU NEED TO DO

*Preheat the oven to 355°F (180°C) and grease (length) round cake tin or line it with baking paper.*

*In a large bowl, whisk together the almond butter and yogurt until smooth, then gradually add in the almond milk and maple syrup. Finally, mix in the lemon juice and vanilla.*

*In another bowl, sift flour and add ground almonds, baking powder, baking soda, and spices. Mix well. Fold the dry ingredients into the wet ones, mixing it well with a spatula.*

*Transfer the batter into the cake tin, and place the peach segments on top. Bake for about 50 minutes or until a toothpick comes out clean.*

*Glaze the top with the remaining 2 tbsp. of maple syrup and let it cool down completely before serving.*







**VEGAN CHOCOLATE  
BROWNIES**

# VEGAN CHOCOLATE BROWNIES



Makes: 16  
Prep: 20 mins  
Cook: 35 mins



Nutrition per  
serving:  
223 kcal  
15g Fats  
21g Carbs  
3g Protein



## WHAT YOU NEED

- 8 oz. (220g) +70% dark chocolate, chopped
- 3 tbsp. coconut oil
- 2 ripe avocados
- 1 cup (200g) coconut palm sugar
- 2 flax eggs
- 1 tsp. vanilla extract
- ¾ cup (75g) almond meal
- ¼ cup (30g) unsweetened cocoa powder
- ½ tsp. baking powder
- ½ teaspoon sea salt
- ½ cup (50g) walnuts, chopped

### HOW TO MAKE A FLAX EGG:

To make one flax egg mix 1 tbsp. flaxseed meal and 2 ½ tbsp. water. Let it rest for 5 mins to thicken.

## WHAT YOU NEED TO DO

Preheat oven to 350°F (175°C).

Line a 8x8-inch baking pan with baking paper.

Place the coconut oil and chopped chocolate in a medium size heatproof bowl. Place the bowl over a pot of lightly simmering water. Stir the chocolate and coconut oil until they are completely melted.

In a large bowl, mash avocado and then stir in the chocolate mixture. Whisk in the sugar, then add in the flax eggs and vanilla extract, mix well.

Next add in the cocoa powder, almond meal, baking powder and salt, mixing until just combined (do not overmix). Finally, stir in chopped walnuts.

Spread the batter into the prepared baking tin and place it in the middle of the oven. Bake for about 25 to 30 minutes until the middle is set.

Let completely cool on a rack and cut into 12 squares.

