



March Plant-Based Recipe Pack

15 Healthy Tasty Recipes for Every Meal

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Contents & Key

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GF

Gluten Free

DF

Dairy Free

LC

Low Carb (<20g per serve)

MP

Meal Prep/Freezer Friendly

HP

High Protein (>20g per serve)

V

Vegetarian

Q

Quick (under 30 mins)

N

Contains Nuts

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Multi Seed Bread with Blueberry Chia Seed Jam	Chickpea Potato Soup	Chocolate Sweet Potato Smoothie	Chili Garlic Noodles
Tuesday	Chocolate Sweet Potato Smoothie	Chili Garlic Noodles	Crispy Carrot Cake Bites	Ground Seitan Peas Bolognese
Wednesday	Spinach Waffles with Avocado	Ground Seitan Peas Bolognese	Crispy Carrot Cake Bites	Coconut Lentil Curry
Thursday	Spinach Waffles with Avocado	Coconut Lentil Curry	Chocolate Sweet Potato Smoothie	Quinoa Stuffed Peppers
Friday	Chickpea Pancakes with Blueberry Chia Jam	Chickpea Salad with Tahini Dressing	Multi Seed Bread with Blueberry Chia Seed Jam	Quinoa Stuffed Peppers
Saturday	Chickpea Pancakes with Blueberry Chia Jam	Quinoa Bowl with Tahini Dressing	Crispy Carrot Cake Bites	Meal Out - Enjoy!
Sunday	Multi Seed Bread with Blueberry Chia Seed Jam	Chickpea Potato Soup	Chocolate Sweet Potato Smoothie	Creamy Cashew Tomato Pasta

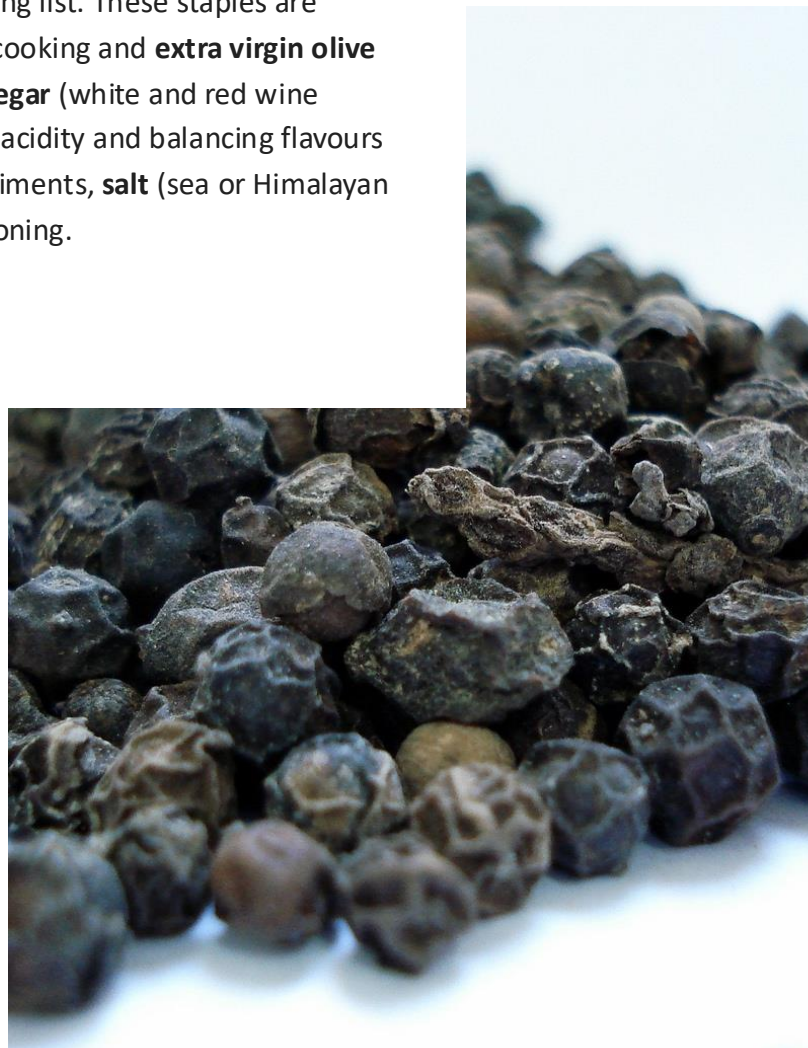
Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 1 avocado • 1 cucumber • 1 tomato • 3 red bell peppers • 1 green bell pepper • 1 yellow onion • 2 red onions • 1 shallot • 3 green onions (spring onions) • 1 carrot • 1 garlic bulb • 7 oz. (200g) potatoes • 14 oz. (400g) sweet potatoes • 14 oz. (400g) pumpkin • 6 bell peppers (color of choice) • parsley • basil • cilantro (coriander) • 2 lemons, for juice • ½ chili pepper • 3 bananas • frozen blueberries • frozen corn • frozen edamame 	<ul style="list-style-type: none"> • 3 cans chickpeas • 2 cans black beans • 3 oz. (85g) green peas • 8 oz. (225g) ground seitan • 3 oz. (85g) vegan feta • 3.5 oz. (100g) vegan cheese • 2 tbsp. vegan Parmesan 	<ul style="list-style-type: none"> • 5.5 oz. (440g) quinoa • 20.8 oz. (590g) rigatoni pasta • 10 oz. (285g) udon noodles • packet rice cakes • 5.6 oz. (160g) red lentils • 1.6 oz. (45g) psyllium husk powder • 1.6 oz. (45g) chia seeds • 1.1 oz. (30g) ground flaxseed • 5.3 oz. (150g) sunflower seeds • 2.8 oz. (80g) pumpkin seeds • 1.2 oz. (35g) hemp seeds • 1.2 oz. (35g) sesame seeds • 3.5 oz. (100g) spelt flour • 2.8 oz. (80g) chickpea flour • 1 tbsp. cornstarch (cornflour) • 4.5 oz. (128g) raw cashews • 2 oz. (60g) walnuts • 6 oz. (170g) medjool dates • 2 tbsp. raw cacao powder • 1.8 oz. (50g) vegan white chocolate • baking powder • ground cinnamon • cardamom • ground ginger • paprika powder • dried rosemary • garlic powder • oregano • cumin • cumin seeds • crushed red pepper • turmeric • curry powder • cardamom pods • star anise • coriander seeds 	<ul style="list-style-type: none"> • 24 fl oz. (720ml) almond milk • 8 fl oz. (240ml) tomato sauce (passata) • 29.1 oz. (825g) diced tomatoes • 2 oz. (56g) tomato paste • 2.9 pts. (1.4L) vegetable stock • 6.8 fl oz. (200ml) coconut milk • 6.5 oz. (185g) tahini • tamari • chili garlic oil • 2.6 oz. (75g) pitted kalamata olives • vanilla extract



Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





Multi-Seed Bread

Makes 16 slices

60 Minutes

1.6 oz. (45g) psyllium husk powder

1.6 oz. (45g) chia seeds

1.1 oz. (30g) ground flaxseed

5.3 oz. (150g) raw sunflower seeds

2.8 oz. (80g) raw pumpkin seeds (pepitas)

1.2 oz. (35g) hemp seeds

1.2 oz. (35g) sesame seeds

1 tbsp. maple syrup

2.1 oz. (60g) tahini

Preheat the oven to 375°F (190°C). Line a standard loaf pan (8.5 x 4.5 x 2.5 inches) with parchment paper.

In a large mixing bowl, combine the psyllium husk powder, chia seeds, ground flaxseed, ½ tsp. sea salt, sunflower seeds, pumpkin seeds, hemp seeds, sesame seeds, and maple syrup. Add the tahini and 10 fl oz. (295ml) water, stirring until a thick dough forms.

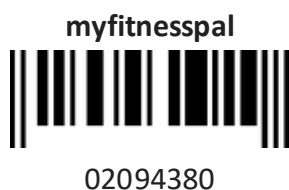
Transfer the dough to the prepared pan. Use your hands to spread and press it into an even layer.

Bake for 50 minutes, or until the loaf sounds hollow when tapped. If needed, bake for a few more minutes.

Remove from the oven and let sit for a couple of minutes. Lift the loaf out using the parchment paper and transfer it to a cooling rack.

Cool for at least 15 minutes before slicing into 16 pieces.

Note: One serving is one slice.



GF	DF	LC	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	177kcal	9g	6g	13g



Chickpea Pancakes with Blueberry Chia Jam

Serves 2

11 Minutes

2.8 oz. (80g) chickpea flour

1½ tsp. baking powder

1 tbsp. maple syrup

1 tsp. vanilla extract

½ tsp. cinnamon

4 tbsp. Blueberry Chia Seed Jam (recipe in this pack)

Preheat a non-stick frying pan over medium heat.

In a mixing bowl, whisk together the chickpea flour, ¼ tsp. sea salt, baking powder, and maple syrup.

Add 2.7 fl oz. (80ml) water, vanilla extract, and cinnamon. Whisk until smooth. The batter will be thick. Let it rest for a few minutes while the pan heats.

Lightly grease the pan with ¼ tsp. olive oil if needed. Pour in 4 tbsp. portions of the batter and cook for 4-5 minutes, until the edges look dry and a few bubbles form.

Flip and cook for another 30 seconds to 1 minute, until firm and golden brown.

Repeat with the remaining batter. Serve warm with Blueberry Chia Seed Jam.



GF	DF	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	236kcal	40g	10g	4g



Spinach Waffles with Avocado

Serves 2

15 Minutes

2.1 oz. (60g) baby spinach, washed

3.5 oz. (100g) spelt flour

1 tbsp. cornstarch (cornflour)

½ tsp. baking powder

1 avocado, pitted & peeled

0.35 oz. (10g) bean sprouts

Blend the spinach and 3.5 oz. (100ml) water until smooth.

In a mixing bowl, whisk together the spelt flour, cornstarch, and baking powder.

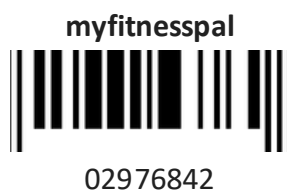
Fold in the spinach puree and mix until you have a smooth, slightly runny batter. Add more water if needed. Season with salt and pepper.

Preheat the waffle iron. Lightly grease with ⅛ tsp. cooking oil spray.

Pour 2 tbsp. of batter into the waffle iron for each waffle. Cook according to your waffle iron's instructions until golden brown. Carefully remove the waffles and place them on a cooling rack. Repeat with the remaining batter.

Mash the avocado with a fork and season with salt and pepper.

To serve, spread avocado over a waffle, top with sprouts, and repeat to create a stack.



DF	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	401kcal	50g	12g	17g



Chocolate Sweet Potato Smoothie

Serves 4

10 Minutes

14 oz. (400g) sweet potatoes, leftover baked & peeled

In a blender, combine all ingredients and blend until smooth and creamy.

24 fl oz. (720ml) almond milk, unsweetened

Pour into glasses and drink straight away.

3 bananas, frozen

2 tbsp. raw cacao powder

2 tbsp. maple syrup

1 tsp. ground cinnamon

½ tsp. ground ginger



GF	DF	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	243kcal	50g	4g	3g



Chickpea Potato Soup

Serves 2

30 Minutes

7 oz. (200g) potatoes, peeled & finely diced

Blend half of the chickpeas until smooth for a creamier texture. Alternatively, mash them with a potato masher.

8.8 oz. (250g) canned chickpeas, rinsed & drained

Heat 2 tbsp. olive oil in a pot over medium-high heat. Add the grated garlic and sauté for 1 minute.

1 clove garlic, peeled & grated

Add the diced potatoes and the remaining whole chickpeas. Sauté for 2-3 minutes, seasoning with salt and pepper.

20 fl oz. (600ml) vegetable stock

Pour in the vegetable stock and stir in the pureed chickpeas. Mix well.

1 tsp. paprika powder

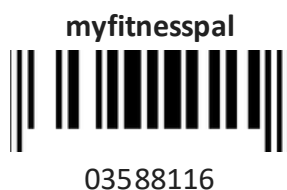
Add the paprika, dried rosemary, salt, and pepper. Simmer for 20 minutes until the potatoes are tender.

1 tsp. dried rosemary

1 tsp. chili flakes, for garnish

Drizzle with 1 tsp. olive oil and garnish with chili flakes.

Serve immediately and enjoy!



GF	DF	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	460kcal	56g	14g	20g



Chickpea Salad with Tahini Dressing

Serves 6

25 Minutes

17 oz. (480g) chickpeas,
drained & rinsed

1 cucumber, chopped

1 red bell pepper, chopped

½ red onion, thinly sliced

2.6 oz. (75g) pitted kalamata
olives, halved

3 oz. (85g) vegan feta,
crumbled

6 servings of Tahini Dressing
(recipe in this pack)

In a large bowl, combine the chickpeas, cucumber, bell pepper, onion, olives, and feta. Season with salt and black pepper.

Pour the Tahini Dressing over the salad and toss to coat just before serving.



GF	DF	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	307kcal	32g	11g	15g



Quinoa Bowl with Tahini Dressing

Serves 4

1 Hour

For the Quinoa:

9 oz. (255g) uncooked quinoa, rinsed

For the Vegetables:

1 red onion, chopped
1 green bell pepper, chopped
14 oz. (400g) pumpkin, chopped into cubes
½ tsp. garlic powder
½ tsp. dried oregano

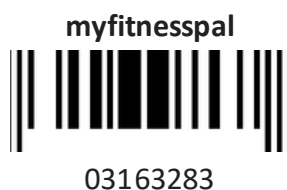
For Serving:

4 tbsp. chopped fresh parsley
4 servings of Tahini Dressing (Find the recipe on page 31.)

In a small saucepan, combine the quinoa, ½ tsp. salt, and 20 fl oz. (590ml) water, and cook according to package instructions. Fluff with a fork.

Preheat the oven to 425°F (220°C). Arrange the onion, bell pepper, and pumpkin on a baking tray. Drizzle with 3 tbsp. olive oil and season with 1 tsp. salt, ½ tsp. black pepper, garlic powder, and oregano. Toss to coat and spread into an even layer. Roast for 30 minutes until fork-tender. Flip the vegetables and broil on high for 5 minutes for extra caramelization.

Divide the quinoa among four bowls. Top with the roasted vegetables and sprinkle with fresh parsley. Drizzle with Tahini Dressing and serve immediately.



GF	DF	MP	V
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	474kcal	55g	14g	22g



Chili Garlic Noodles

Serves 4

15 Minutes

10 oz. (285g) udon noodles
1 red bell pepper, thinly sliced
3 green onions, sliced
0.4 oz. (12g) fresh cilantro, chopped
6 oz. (170g) frozen edamame, defrosted
3 tbsp. tamari
3 tbsp. store-bought chili garlic oil

In a pot, boil salted water. Cook udon according to packet instructions. Drain, rinse with cold water, and let drain.

Heat 1 tsp. olive oil in a pan and toss the bell pepper and green onions, cilantro, and edamame with $\frac{1}{8}$ tsp. sea salt. Cook for 5-6 minutes.

In a bowl, mix tamari, 2 tbsp. rice vinegar, $\frac{1}{2}$ tbsp. balsamic vinegar and chili garlic oil.

Pour sauce over vegetables and add udon, heat for another 2-3 minutes. Toss well.

Enjoy at room temperature or chilled.



DF	MP	V	Q	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	408kcal	59g	16g	12g



Ground Seitan Peas Bolognese

Serves 2

30 Minutes

5 oz. (140g) rigatoni pasta

1 shallot, minced

8 oz. (225g) ground seitan

1 tomato, cored & diced

1 tsp. garlic, grated

8 fl oz. (240ml) tomato sauce (passata)

3 oz. (85g) green peas

2 tbsp. shredded vegan Parmesan

Cook rigatoni pasta in salted boiling water according to package instructions. Reserve 8 fl oz. (240ml) pasta water, then drain.

Heat 2 tsp. olive oil in a pan over medium-high heat. Sauté shallot and seitan, breaking it up, until browned, about 3-4 minutes.

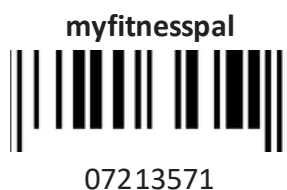
Add tomato, garlic, and ½ tsp. salt. Cook for 2–3 minutes.

Stir in tomato sauce and 4 fl oz. (120ml) of reserved pasta water. Simmer for 3-4 minutes until thickened.

Add pasta and toss to coat. Adjust consistency with more pasta water if needed.

Stir in peas and cook until heated through.

Remove from heat, plate, and top with vegan Parmesan. Enjoy!



DF	MP	HP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	555kcal	79g	35g	11g



Quinoa Stuffed Peppers

Serves 6

50 Minutes

6.5 oz. (185g) uncooked quinoa, rinsed

16 fl oz. (470ml) vegetable stock

6 medium bell peppers, tops cut off, cores removed

1 small onion, chopped

2 garlic cloves, minced

14 oz. (400g) canned diced tomatoes

14 oz. (400g) canned black beans, drained & rinsed

5 oz. (140g) frozen corn, thawed

1 tsp. cumin

1 tsp. paprika

3.5 oz. (100g) shredded vegan cheese

cilantro, chopped, for garnish

Simmer quinoa and stock in a pot until the liquid is absorbed, about 15 minutes. Let sit for 5 minutes, then fluff with a fork.

Preheat the oven to 375°F (190°C). Halve the bell peppers and place them cut side up in a baking dish with a little water at the bottom.

Heat 1 tbsp. olive oil in a pan over medium heat. Sauté onion for 2–3 minutes. Add garlic and cook for 1 more minute.

Stir in cooked quinoa, diced tomatoes, black beans, corn, cumin, paprika, ½ tsp. salt, and ¼ tsp. black pepper. Cook for 5 minutes.

Fill the bell peppers with the quinoa mixture, then top with shredded cheese.

Bake uncovered for 30-35 minutes until the peppers are tender.

Top with chopped cilantro and enjoy!

Storage: Refrigerate in an airtight container for 3-4 days.



GF	DF	MP	V
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	325kcal	50g	11g	9g



Creamy Cashew Tomato Pasta

Serves 2

30 Minutes

4.5 oz. (128g) raw cashews

16 oz. (450g) rigatoni pasta

1 yellow onion, finely chopped

4 garlic cloves, minced

2 oz. (56g) tomato paste

15 oz. (425g) canned diced tomatoes

¼ tsp. red chili flakes

Handful basil, torn

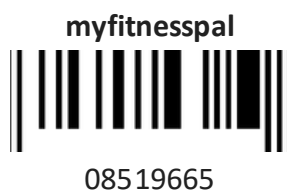
Power boil cashews for 5 minutes. Drain, blend with 4 fl oz. (120ml) fresh water and ¼ tsp. salt until smooth.

Cook pasta in salted water until al dente (2-3 minutes less than package instructions). Reserve 12 fl oz. (360ml) pasta water, then drain.

Heat 2 tbsp. olive oil in a pan. Sauté onion 3-4 minutes, add garlic and cook for 1 minute. Stir in tomato paste, cook for 2 minutes. Add tomatoes, red chili flakes, ½ tsp. salt, and 4 fl oz. (120ml) pasta water. Simmer for 10 minutes.

Add pasta, cashew cream, and remaining pasta water. Toss to coat.

Serve with basil.



DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	480kcal	70g	14g	16g



Coconut Lentil Curry

1 tbsp. coconut oil

2 cardamom pods

2 star anise

2 tsp. coriander seeds

1 tsp. cumin seeds

1 tsp. turmeric

2 tsp. curry powder

1 yellow onion, finely chopped

1 garlic clove, finely chopped

2 tbsp. ginger, diced

½ chili pepper, finely diced

5.6 oz. (160g) red lentils

6.8 fl oz. (200ml) canned coconut milk

10 fl oz. (300ml) vegetable stock

5.3 oz. (150g) baby spinach, washed & drained

Serves 4

30 Minutes

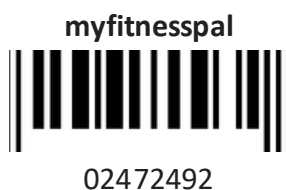
Heat coconut oil in a saucepan over medium heat. Add cardamom, star anise, coriander seeds, cumin seeds, turmeric, and curry powder. Toast for 2-3 minutes until fragrant.

Add onion, garlic, ginger, and chili pepper. Sauté for 5 minutes until softened.

Stir in lentils, coconut milk, and vegetable stock. Bring to a simmer and cook for 12 minutes, stirring occasionally.

Add spinach and cook until wilted.

Serve hot.



GF	DF	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	313kcal	36g	13g	13g



Easy Tahini Dressing

Serves 8

5 Minutes

4.4 oz. (125g) tahini paste

2.7 fl oz. (80ml) lemon juice

2 garlic cloves, pressed or
grated

In a bowl, whisk together tahini, lemon juice, garlic, and ¼ tsp. salt until thick.

Gradually whisk in 4 tbsp. of water until smooth and pourable.

Adjust with more lemon juice, salt, or water to taste.

Storage: Refrigerate in an airtight container for up to 2 weeks or freeze for up to 3 months.



GF	DF	LC	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	100kcal	4g	3g	8g



Crispy Carrot Cake Bites

Serves 8

30 Minutes

8 rice cakes

2 oz. (60g) walnuts

1 medium carrot, peeled & chopped

6 oz. (170g) medjool dates, pitted

1 tsp. cinnamon

½ tsp. ground cardamom

½ tsp. ground ginger

1.8 oz. (50g) vegan white chocolate, melted

In a food processor, pulse rice cakes, walnuts, carrot, dates, and spices until a sticky paste forms. If too dry, add more dates or 1 tsp. melted coconut oil.

Roll into tablespoon-sized balls and freeze for 15 minutes.

Dip each ball in melted white chocolate.

Let set, then enjoy or store in the fridge for up to 7 days.

Serving suggestion: Sprinkle with dark chocolate and chopped nuts or coconut flakes.



GF	DF	MP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	216kcal	33g	3g	8g



Blueberry Chia Seed Jam

Serves 8

12 Minutes

10 oz. (280g) frozen blueberries

2 tbsp. chia seeds

2 tbsp. maple syrup

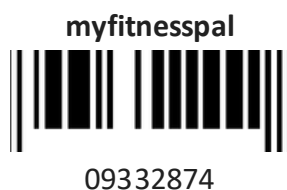
Heat blueberries in a saucepan over medium heat, stirring occasionally, until thawed and juicy, about 5-7 minutes.

Mash to desired consistency using a fork or potato masher.

Stir in chia seeds and maple syrup. Turn off the heat and let sit for 5-10 minutes to thicken.

Store in a sealed container in the fridge for up to 1 week. Enjoy with Chickpea Pancakes (page 9) and Multi-Seed Bread (page 7).

Note: 1 serving is equivalent to 2 tbsp.



GF	DF	LC	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	49kcal	9g	1g	1g