

MYVEGAN

Meal Plan - Week 03



Give it a go this Veganuary. **We're making it easy.**

Overnight High-Fibre Oats

Time: 5 mins + overnight chill time

Calories: 437

Protein: 16g

Ingredients:

20g Quinoa flakes
30g Porridge Oats
100–150ml Dairy Free Milk
1 tbsp Myvegan Hemp Seeds
1 tbsp Myvegan Chia Seeds
10g chopped raw Almonds
1 medium Apple
1 tsp Cinnamon
1 tbsp Myvegan Sugar Free
Maple Syrup

Method:

1. Add to a bowl the quinoa flakes, porridge oats, dairy free milk, cinnamon, hemp seeds and chia seeds. Mix well so that the seeds are evenly distributed. Chill for at least 30 mins or can be left in the fridge overnight.
2. When ready to eat, chop the apple and add to the oats, along with the almonds and drizzle with maple syrup to serve.

The daily recommended amount of fibre is 30g per day. Eating plenty of fibre is associated with a lower risk of heart disease and bowel cancer, and helps to improve digestive health.





Tofu Scramble

Time: 15 mins

Calories: 438

Protein: 30g

Ingredients:

150g extra firm Tofu

¼ Red Onion

80g Chestnut Mushrooms

80g Spinach

½ tsp Turmeric

½ tsp Paprika

½ tbsp Nutritional Yeast

½ tsbp Olive Oil

Salt and Pepper

To serve: 1 slice

Sourdough Bread

Method:

1. Crumble the tofu into a bowl or mash with a fork until it represents a scrambled egg consistency.
2. Finely chop the onion, and slice the mushrooms. Add the oil to a pan and warm at a medium —high heat before adding the onion, and mushrooms.
3. Add the tofu to a pan, along with the the turmeric, paprika, nutritional yeast, and salt and pepper. Cook for 5 mins, stirring regularly then add the spinach and cook for another 5 mins until the spinach has wilted. Serve with your favourite sourdough bread.

The inclusion of mushrooms and spinach to the tofu scramble adds an extra boost of protein.

Superfoods Smoothie

Time: 15 mins

Calories: 484

Protein: 35g

Ingredients:

1 scoop (30g) Myvegan
Mocha Vegan Protein and
Greens Powder
1 Kiwi (skin on)
1 Banana
80g frozen Blueberries
250ml Dairy Free Milk
1 tbsp Myvegan 100%
Flaxseed Powder
10g Myvegan Organic
Peanut Butter

Method:

1. Add the milk, kiwi, blueberries and banana to a blender, then add the protein powder, flaxseed, and peanut butter.
2. Whizz until smooth and enjoy!

This smoothie packs in as many antioxidant filled superfoods as possible, and the addition of both flaxseed and peanut butter will make this a super creamy and filling breakfast.



Peanut Butter Smoothie Bowl

Time: 15 mins

Calories: 577

Protein: 43g

Ingredients:

2 frozen Bananas
1 scoop Myvegan Vanilla
Soy Protein Isolate
100ml Dairy Free Milk
15g Myvegan Organic
Peanut Butter
10g Myvegan Raw Cacao
Nibs
10g crushed unsalted
Peanuts
5 drops Myvegan Vanilla
FlavDrops™

Method:

1. Add the bananas, protein powder, dairy free milk, peanut butter and flavdrops to the blender. Whizz until thick, scraping down the sides as needed. Add an extra 1-2 tbsp milk if the mixture is not smooth.
2. Scoop the smoothie mix into a small bowl and top with the cacao nibs and peanuts. Serve immediately.

Peanuts are high in magnesium, iron and zinc, and the majority of the fat content in peanut butter is unsaturated fat (the healthy fat).



Winter Vegetable Soup

Time: 40 mins

Calories: 300

Protein: 6g

Ingredients:

½ medium Onion
100g Carrot
80g Parsnip
150g white Potato
1 tsp mixed herbs
500ml boiling water
1/2 Stock cube
½ tbsp Olive Oil
Salt and Pepper

Method:

1. Finely chop the onion, and cut the carrot, parsnip and white potato into small, even sized pieces.
2. Add the onion to the pan with the olive oil and sweat for 5-10 mins until soft and clear. Add the carrot, parsnip and potato and lightly fry for 5 mins.
3. Add the boiling water, stock cube, mixed herbs and salt and pepper and bring the soup mix to the boil Turn down to a low heat, cover, and simmer for 15-20 mins until the vegetables are soft.
4. Blend with a hand blender or if transferring to an upright blender then leave to cool before blending and reheat before serving.

Serve this warming soup with some wholegrain toast and hummus to boost the protein content.



Tahini and Fresh Greens Salad

Time: 30 mins

Calories: 424

Protein: 19g

Ingredients:

1 small Courgette
75g Green Beans
100g Spring Greens
1 Spring Onion
120g tinned Green Lentils
150g New Potatoes
1/4 tbsp Olive Oil
15g Tahini
2 tbsp water
Juice of ½ Lemon
½ tsp Garlic granules

Method:

1. Chop the new potatoes in half and add to a pan of boiling water. Cook for 15-20 mins until soft, then drain and set aside.
2. Using a vegetable peeler, peel the courgette into long, thick ribbons. Chop the green beans, spring greens and spring onions into small pieces.
3. Add the olive oil to a pan, on medium heat, and add the courgette, green beans and spring greens. Lightly fry for 5-7 mins until the edges of the vegetables have browned.
4. Drain and rinse the lentils and add to a large bowl with the new potatoes. Add the cooked vegetables and chopped spring onions.
5. To make the dressing, mix together the tahini, water, lemon juice and garlic granules until it reaches a pourable consistency. Pour over the salad when ready to eat.

This can easily be made in advance (without the dressing) and stored in the fridge until needed.

'Caesar' Salad

Time: 10 mins

Calories: 485

Protein: 26g

Ingredients:

75g Chicken Style pieces
1 head Baby Gem Lettuce
1 slice Wholegrain Bread
75g Kale
1/3 medium Avocado
50g shop bought or
home-made Hummous*
¼ Dijon Mustard
1 tsp Myvegan Sugar Free
Maple Syrup

Method:

1. Cook the chicken style pieces according to package instructions. Toast your bread, and shred the lettuce. Gently massage the kale and then add to a bowl with the lettuce and chicken pieces.
2. Slice the avocado into small chunks and add to the salad. Crumble the toasted bread over the salad, to add a crouton like texture.
3. To make the dressing, mix the hummous, mustard, maple syrup and water, until the dressing is pourable and runny. Add to the salad and mix thoroughly so that all ingredients are covered in the dressing. Serve immediately.

**See week 1 lunch option 3 for homemade hummous recipe.*

BBQ Jackfruit Wrap

Time: 25 mins

Calories: 366

Protein: 16g

Ingredients:

¼ medium Onion
1 tbsp Tomato Puree
1 tbsp Soy Sauce
¼ tbsp Myvegan Sugar
Free Maple Syrup
½ tsp Ground Cumin
½ tsp Ground Paprika
½ tsp Ground Coriander
30ml cold water
Salt and Pepper
½ Red Pepper
½ tin Jackfruit
½ tbsp Olive Oil
30g Lettuce/Salad Mix
1 white Wrap

Method:

1. Drain the jackfruit and using two forks, shred the larger pieces. Finely dice the onion, and chop the red peppers. Fry for 5-10 mins until soft and translucent.
2. Add the cumin, paprika and coriander to the pan, stir for 1-2 mins until the vegetables are coated, then add the tomato puree. Mix thoroughly then add the soy sauce and jackfruit.
3. Add the water, and stir for 3-4 mins until the sauce has reduced and thickened.
4. Warm the wrap in the microwave for 10-20 seconds and add the BBQ jackfruit filling. Top with lettuce, wrap and serve.

To increase the protein content in this meal, you can swap the jackfruit for any vegan meat replacement.

Creamy Mushroom Carbonara

Time: 20 mins

Calories: 463

Protein: 22g

Ingredients:

75g Tagliatelle
75g Silken Tofu
200g Chestnut Mushrooms
1 tsp Soy Sauce
½ tsp Dijon Mustard
½ tsp Garlic granules
Juice of ½ Lemon
1 tbsp Nutritional Yeast
90ml boiling water
½ tbsp Olive Oil
Salt and Pepper to taste
To serve: 50g Salad Mix

Method:

1. Add the pasta to a pan of boiling water and cook for 8–10 mins on a medium–high heat. Drain and set aside.
2. Blend the tofu, mustard, garlic, lemon juice and nutritional yeast.
3. Add the olive oil and mushrooms to a frying pan and fry on a medium heat until the mushrooms have released their juices. Add the soy sauce and cook for 1 min.
4. Pour in the tofu sauce and add the spaghetti to the pan. Keep on a high heat, stirring regularly. Add the water gradually until the desired thickness is reached. Add to a bowl and with some fresh green salad.

Using tofu instead of a traditional cashew based sauce increases the protein content of this dish.

One-Pot Sausage Bake

Time: 1hr

Calories: 587

Protein: 21g

Ingredients:

½ red Onion
100g Sweet Potato
100g New Potatoes
½ medium Courgette
1 medium Carrot
2 Vegan Sausages
5 Cherry Tomatoes
½ tbsp Olive Oil
½ Vegetable Stock Cube
1 tsp mixed herbs
Salt and Pepper

Method:

1. Add the sweet and new potatoes to a pan of boiling water, and boil for 10–15 mins until soft but still hold their shape.
2. Preheat the oven to 180 degrees and chop the courgette, carrot and beetroot into large chunks. Add to baking tray with ½ tbsp olive oil, the cherry tomatoes, mixed herbs and crumble in the vegetable stock cube. Add in the the potatoes and stir so that everything is thoroughly covered.
3. Roast in the oven for 20 mins, then drizzle over the balsamic vinegar. Shake the tray to mix the vegetables then return to the oven for another 15–20 mins until the sausages are cooked and the vegetables are golden.

Butternut squash, parsnip, white potato, peppers, fennel, or artichoke all work equally well in this dish.



Fake-away Burger Night

Time: 1hr 10 mins

Calories: 664

Protein: 22g

Ingredients:

150g Sweet Potato
120g Red Kidney Beans
50g tinned Sweetcorn
1 heaped tbsp Plain Flour
1/2 tsp Paprika
¼ tsp Ground Coriander
½ tsp Ground Cumin
Juice of ½ a Lemon
Salt and Pepper

To serve: soft white or wholemeal roll, ½ beef tomato, vegan mayo, ½ baby gem lettuce.

Method:

1. Drain the sweetcorn, and drain and rinse the kidney beans. Add these to a processor with the flour, paprika, coriander, cumin, lemon juice, and salt and pepper. Pulse until the mix has broken down, but it doesn't need to be completely smooth.
2. Cover your hands with flour and shape the mixture into two small or one large patties. Chill in the fridge for 30 mins.
3. Preheat the oven to 200C. Chop the sweet potatoes into thin fries, and add to a baking tray with ½ tbsp olive oil and a sprinkle of salt and pepper. Roast for 35-40 mins until crispy, turning halfway.
4. Add the burgers to a baking tray and bake for 25-30 mins, flipping the burgers halfway through so that both sides cook evenly.
5. Serve the sweet potato fries and in a roll add the burgers along with lettuce, tomato and vegan mayo.

Cauliflower Tofu Buddha Bowl

Time: 45 mins

Calories: 565

Protein: 24g

Ingredients:

1/3 medium head
Cauliflower
45g Chickpeas
180g Sweet Potato
55g Tofu
10 Cherry Tomatoes
2 roasted Red Peppers
from a jar
1/3 medium Avocado
60g Rocket Salad Mix
1 tsp Myvegan Organic

1 tsp Paprika
1 tsp Garlic granules
½ tsp dried Chilli Flakes
1 tsp Maple Syrup
½ tbsp Olive Oil
Salt and Pepper

Method:

1. Preheat the oven to 180C. Chop the cauliflower, sweet potato and tofu into small chunks and add to a baking tray with the chickpeas. Drizzle with olive oil, paprika, garlic granules, dried chilli, maple syrup and salt and pepper. Mix the vegetables and chickpeas so they are thoroughly coated in the oil and spices.
2. Roast for 30-35 mins and set aside. Halve the cherry tomatoes and slice the avocado and peppers. Add these to a bowl with the rocket, and roasted vegetables, tofu and chickpeas.. When ready to eat, sprinkle with sesame seeds and drizzle over the dressing.

Buddha bowls are a complete meal, with a perfect balance of macronutrients and vegetables.

For the honey-mustard dressing:

1.2 tsp Myvegan Sugar Free
Maple Syrup
1 tbsp Wholegrain Mustard
¼ tsp Garlic granules
Juice of half a Lemon
2 tbsp cold water

Whisk all the ingredients together until a runny dressing is formed. Keep in the fridge until ready to serve.





High Protein Cookie Dough

Time: 5 mins

Calories: 288

Protein: 14g

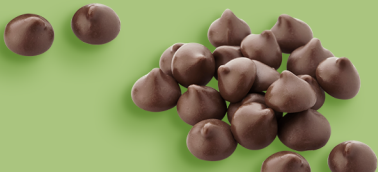
Ingredients:

½ tin Chickpeas (120g)
15g Myvegan Organic
Peanut Butter
1 tbsp Myvegan Sugar Free
Maple Syrup
30ml Dairy Free Milk
10g Dark Chocolate Chips

Method:

1. Add the chickpeas, peanut butter, maple syrup and dairy free milk to a food processor or high speed blender and whizz until a thick, cookie dough like texture is formed.
2. Transfer the cookie dough to a bowl and stir in the chocolate chips. Serve immediately or store in the fridge until ready to eat.

**If not thick enough, add 1 tbsp Myvegan instant oats.*



Spicy Kale Crisps

Time: 1hr

Calories: 587

Protein: 21g

Ingredients:

150g raw Kale
½ tbsp Olive Oil
½ tsp Paprika
¼ tsp dried Chilli Flakes
½ tsp cracked Black Pepper

Method:

1. Preheat the oven to 120C. Add the kale, olive oil and spices, and massage the kale until the oil and spices are evenly distributed.
2. Cover a baking tray with greaseproof paper and lay out the kale, making sure they are well spread.
3. Bake for 15-18 mins until crispy, turning them halfway through.
4. These are best eaten straight away but can be kept in an airtight container for 1-2 days.



Coconut & Mango Protein Mousse

Time: 5 mins

Calories: 270

Protein: 15g

Ingredients:

80ml Coconut Cream

80g frozen Mango

1 tbsp Myvegan Sugar Free

Maple Syrup

15g Myvegan Vanilla Soy

Protein Isolate

Method:

1. Puree the mango in a high speed blender or with a hand blender.
2. Mix together the coconut cream, maple syrup and protein powder, and mix until thick and fluffy.
3. Top with the mango puree and serve.

Coconuts are high in lauric acid, a type of medium-chain-fatty acid that is converted in the body to an anti-bacterial compound.



Lemon & Coconut Bliss Balls

Time: 10 mins

Calories: 298

Protein: 8g

Ingredients:

20g raw Cashew Nuts
1 Medjool Dates (pitted)
10g desiccated Coconut
10g Myvegan Organic
Chia Seeds
Zest of one Lemon

Method:

1. If your dates have been stored in the fridge then soak them in boiling water for 5 mins before starting.
2. Add the nuts to a food processor or high-speed blender and pulse until a sandy texture (it's okay to have a few small lumps). Remove the dates from the water and add to the processor, along with the desiccated coconut, chia seeds and the lemon zest..
3. Blend until a dry paste is formed which you can shape into 2 mini energy balls.. If too dry to shape then add some dairy free milk, 1 tbsp at a time. If the mixture is too wet then instant oats can be used to thicken, adding 1 tsp at a time and blending between each addition. Store in the fridge until ready to eat.

Lemons are an excellent source of vitamin C, and are also great for improving skin health.

Cinnamon Nice Cream

Time: 5 mins

Calories: 371

Protein: 26g

Ingredients:

2 frozen Bananas
1 scoop (30g) Myvegan
Blueberry & Cinnamon
Vegan Protein Blend
40g frozen Blueberries
50-100ml Dairy Free Milk
1 tbsp Myvegan Sugar Free
Maple Syrup

Method:

1. Add the frozen bananas, blueberries and the dairy free milk to a blender. Pulse to break up the frozen fruit, then add in the protein powder and maple syrup.
2. Blend on a high speed until smooth and creamy — scrape down the sides regularly, and add more milk if necessary.
3. Serve immediately.

Bananas are high in potassium, which is a nutrient important for heart health and cell functioning.





Millionaire's Protein Crispy Squares

Time: 10 mins + 30 mins chill time

Calories: 587

Protein: 21g

Ingredients:

15g Puffed Rice Cereal
15g Myvegan Organic Peanut Butter
10g Myvegan Chocolate
Vegan Protein Blend
1 tbsp Maple Syrup
For the layers:
10g Myvegan Organic Peanut Butter
10g Dark Chocolate

Method:

1. Melt 25g of peanut butter in a microwave safe bowl. Stir in the puffed rice cereal, protein powder and maple syrup, and stir until the cereal is thoroughly coated. It should start to clump, but if too dry then add more maple syrup, 1tsp at a time.
2. Press the mixture firmly into two cupcake cases. Melt the remaining 10g peanut butter and spoon over the top of the rice cereal mixture.
3. Finally, melt the chocolate and create a top layer, pouring the chocolate over the peanut butter. Chill in the fridge for 20-30 mins until the chocolate has set. Store in the fridge until ready to eat.

The protein powder and peanut butter gives a high protein twist to a traditional Millionaire's shortbread dessert.