

MYVEGAN

Meal Plan - Week 04

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



Fluffy Vegan Pancakes

Time: 30 mins

Calories: 467

Protein: 12g

Ingredients:

75g Plain Flour

1 tsp Baking Powder

½ tsp Bicarbonate of Soda

½ medium Banana

100ml Dairy Free Milk

5 drops Myvegan Vanilla
FlavDrops™

15g Dairy Free Spread

To serve: 60g fresh
Blueberries, Myvegan Sugar
Free Maple Syrup

Method:

1. Add the flour, baking powder, and bicarbonate of soda to a bowl and stir to incorporate the raising agents.
2. Mash the banana, and add to the dry ingredients, along with the flavdrops and dairy free milk. Whisk to make a smooth, thickish batter (it should be thick enough that you will need to spoon it into the pan rather than pouring).
3. Add a frying pan to a medium heat, and using kitchen roll, wipe the surface of the pan with 1/3 of the spread. Spoon out 1/3 of the mixture into the pan and wait 3-4 mins until the edges start to lift and bubble have appeared in the centre. Flip the pancake and cook the remaining side for another 3-4 mins.
4. Repeat two more times with the remaining spread and batter mixture. Serve with blueberries and maple syrup.

Using spread instead of oil gives the pancakes a crisp and less oily finish compared to using oil.



Immunity Boost Smoothie

Time: 5 mins

Calories: 403

Protein: 35g

Ingredients:

250ml Dairy Free Milk
80g frozen Pineapple
1 Banana
70g fresh Spinach
30g Myvegan Turmeric
Latte Vegan Protein Blend
1 tbsp Myvegan 100%
Flaxseed Powder

Method:

1. Add the milk, pineapple, banana and spinach to a blender, then add the protein powder, and flaxseed.
2. Whizz until smooth and enjoy!

Turmeric contains curcumin, a powerful anti-oxidant that can help to reduce inflammation in the body.

Carrot Cake Oats



Time: 8 mins

Calories: 438

Protein: 19g

Ingredients:

50g Porridge Oats
200–250ml Dairy Free Milk
1 tsp Cinnamon
½ medium Carrot
10g Raisins
10g crushed Walnuts
10g Myvegan Organic
Hemp Super Seeds
1–2 tsp Myvegan Vanilla
FlavDrops™

Method:

1. Grate the carrot. Add the oats and cinnamon and milk to a pan and then cook for 5–7 mins until thick and creamy. Alternatively, microwave for 1.5 – 2 mins, making sure the bowl doesn't overflow.
2. Top the porridge with the sultanas, hemp seeds and flavdrops and enjoy whilst warm.

Carrots are high in Vitamin A, important for joint and eye health. Adding carrots to your oats also helps you to reach your 5 a day.



Chickpea Flour Wraps

Time: 20 mins

Calories: 451

Protein: 19g

Ingredients:

50g Gram flour
125ml Dairy Free Milk
¼ tsp Baking Powder
½ tsp Turmeric
½ tsp Garam Masala
½ tsp Garlic granules
½ tbsp Olive oil
1 tsp Nutritional Yeast
Salt and Pepper
To serve: 5 Cherry
Tomatoes, ½ medium
Avocado

Method:

1. Add the gram flour, nutritional yeast, spices, salt and pepper to a bowl, along with the water and mix well until there are no lumps. Leave to rest for 5 mins.
2. Halve the cherry tomatoes. Add the oil to a pan on a low-medium heat, then pour in the batter and spread it to evenly cover the pan. Cook for 5–6 mins until the edges start to lift away from the pan.
3. Flip the wrap like a pancake and cook for another 5–6 mins. Serve with sliced avocado and cherry tomatoes.

Chickpea flour is naturally high in protein, and makes a good gluten free alternative to regular wraps.

Mini Maki Sushi Rolls

Time: 55 mins

Calories: 551

Protein: 18g

Ingredients:

100g Sushi Rice
2 sheets Sushi Nori sheets
1 tsp Caster Sugar
1 tsp Apple Cider Vinegar
¼ Avocado
30g ready to eat marinated
Tofu or Tempeh
20g Cucumber
½ medium Carrot
150ml water

Method:

1. Add the rice to a colander, and rinse 2–3 times. Add to a saucepan with 150ml water and bring to the boil on a high heat. Reduce to a simmer and cook for 20–25 mins until the water has evaporated. Stir occasionally to prevent the rice sticking to the pan and add more water if necessary.
2. Add the caster sugar and vinegar to the sushi, stir to mix well and then cover with a lid and leave for 10 mins, then remove the lid and leave the rice to cool.
3. Finely slice the avocado, cucumber and carrot into thin strips. To assemble the sushi, place half the rice and spread to cover one nori sheet. Leave a 1 inch gap on the furthest edge from you. Add half of the fillings, then roll tightly away from you. Seal the empty edge with a dab of cold water.
4. Repeat with the remaining ingredients to make a second roll. Wet a sharp knife and use to cut your large sushi rolls into smaller pieces. Serve immediately or store in the fridge until ready to eat.





'Egg May-No' Salad Sandwich

Time: 5 mins + 30 mins chill time

Calories: 439

Protein: 14g

Ingredients:

75g extra firm Tofu
1 heaped tbsp Vegan Mayo
¼ tsp Turmeric
¼ tsp mild Mustard
10g Salad Cress
Pinch of Kala Namak
(black salt)
To serve: 1 medium Tomato,
two slices of your favourite
crusty bread

Method:

1. Drain the tofu if necessary and add to a bowl. Mash with a fork until it represents an eggy texture.
2. Add in the mayo, turmeric, mustard and kala namak and stir thoroughly so the tofu is well coated. Leave in the fridge to chill for 30 mins.
3. Slice the tomato into thin, even size slices. Lay out your bread and add the tofu filling to one side. Top with the tomato and salad cress, and finish with the final slice of bread.

Kala namak is the secret to creating an 'eggy' flavour and can also be used in vegan quiches, omelettes or scrambles.

Minestrone Soup

Time: 30 mins

Calories: 368

Protein: 14g

Ingredients:

½ medium Onion
1/2 medium Carrot
75g Green Beans
75g Haricot Beans
200g tinned chopped
Tomatoes
1 Celery stalk
45g soup pasta shapes
150ml boiling water
½ vegetable Stock cube
1 tsp mixed herbs
½ tsp Garlic granules
½ tbsp Olive Oil
Salt and Pepper

Method:

1. Finely dice the onion and celery and chop the carrot and green beans into small pieces.
2. Add the oil to a saucepan on a low heat, along with the onion and celery. Cook for 5–8 mins until the onion is soft then add the carrots and green beans and cook for a further 3 mins.
3. Add the chopped tomatoes, water, pasta shapes, stock cube and mixed herbs. Salt and pepper to taste. Bring to the boil then simmer for 10–15 mins until the pasta is soft, adding more water if necessary. Add the white cannellini beans before serving. There is no need to blend this soup.

You can boost the micronutrient density of this soup by adding 75g fresh kale 5 mins before the end of the cooking time.



Lean Green Salad

Time: 10 mins

Calories: 450

Protein: 24g

Ingredients:

1/3 medium Cucumber
60g Edamame Beans
½ medium green Apple
75g Broccoli
1/2 medium Courgette
60g Sugar Snap Peas
65g Spinach
10g Myvegan Organic Hemp
Super Seeds
1 tbsp Apple Cider Vinegar
1 tbsp Soy Sauce
1 tbsp Myvegan Sugar Free
Maple Syrup
1 tsp ground Ginger
1–2 tsp water
50g giant Couscous

Method:

1. Cook the couscous according to packet instructions. Grate the courgette, and finely chop the cucumber, broccoli and apple into small chunks. Cut the sugar snap peas into thirds.
2. To make the dressing, mix together the vinegar, soy sauce, maple syrup, ginger and water and whisk until smooth.
3. Add the couscous to a bowl, along with the chopped and spinach. Pour over the dressing, mixing well so the vegetables are evenly coated. Sprinkle over the hemp seeds to finish.



Chilli Non Carne with Homemade Tortilla Chips

Time: 50 mins

Calories: 651

Protein: 47g

Ingredients:

¼ Myvegan 'Minus The Meat' Meal Kit inc. seasoning mix
¼ raw medium Beetroot
¼ medium Red Pepper
200g tinned chopped Tomatoes
65g tinned Red Kidney Beans
1/ medium Onion
1 clove of Garlic
1.5 tbsp Tomato Puree
½ tsp Paprika
1 corn Tortilla or 2 small corn Soft Tacos
½ tbsp Olive Oil

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Method:

1. Add the wheat protein, seasoning sachet and 100ml of water to a bowl, stir then set aside for 10 mins to rehydrate.
2. Grate the raw beetroot and finely chop the onion and pepper. Grate and crush the garlic.
3. Add 1.5 tsp oil to a frying pan on a medium heat and add the beetroot, pepper onion and garlic. Lightly fry for 5-10 mins until the onions are soft, then add in the tomato puree and cook for 1 min.
4. Add in the kidney beans, chopped tomatoes and protein mince mix, and turn down to a low heat. Simmer for 15-20 mins until the sauce has thickened.
5. To make the tortillas, cut your tortilla or taco into 6-10 triangle shapes. Add to a baking tray and drizzle over the remaining 1.5 tsp of oil and the paprika. Bake for 16 mins, turning the chips halfway through. Serve with the chilli.



Stuffed Sweet Potatoes with Homemade Slaw

Time: 1 hr

Calories: 608

Protein: 20g

Ingredients:

1 large Sweet Potato
½ Red Onion
2 tbsp Tomato Puree
120g drained Chickpeas
1 Garlic clove (crushed)
1 large handful of Spinach
½ tbsp Olive Oil
150g Red Cabbage
1 medium Carrot
5 Brussels Sprouts
1 tbsp Vegan Mayo
¼ tsp Dijon Mustard
Salt and Pepper

Method:

1. Preheat the oven to 180C. Prick the potato all over with a fork then wrap in silver foil and bake for 40-55 mins until soft and juicy.
2. Finely chop the onion and add to a pan on medium heat with the olive oil. Cook for 5 mins until the onion is soft and translucent. Add in the chickpeas, tomato puree and spinach and lightly fry for 5-6 mins until the spinach is wilted.
3. Finely slice or use a food processor to shred the cabbage, carrot and Brussel sprouts. Stir in the mayo, mustard, salt and pepper.
4. Once the potato is cooked, slice in half and fill with the chickpea and spinach mix. Serve with the homemade slaw.



Crispy Tofu Fingers with Herby Mash and Peas

Time: 50 mins

Calories: 515

Protein: 28g

Ingredients:

100g extra firm Tofu
10g plain Flour
100ml Dairy Free Milk
30g golden Breadcrumbs
150g white Potatoes
10g Dairy Free Spread
1 tbsp chopped Chives
1 clove Garlic
80g frozen Peas
Salt and Pepper

Method:

1. Preheat the oven to 180C. Slice the tofu into thick strips to make the fingers. Lay out three separate bowls; one with the flour, one with the breadcrumbs, and one with 50ml of dairy free milk. Dip each tofu finger in the flour, followed by the dairy free milk, and finally the breadcrumbs, making sure both sides are evenly coated. Bake for 35-45 mins.
2. Peel and crush the garlic and chop the potatoes into medium sized chunks. Add the garlic and potatoes to a pan of boiling water, and boil for 20-25 mins until the potatoes are soft.
3. Drain the water from the potatoes and add in the dairy free spread, the remaining 50ml of dairy free milk, chives and salt and pepper. Mash until smooth.
4. Add the peas to a bowl with 15ml cold water and microwave for 3-4 mins. Serve with the herby mash and tofu fingers.

Peas are a high protein legume, containing 5g protein per 100g.



High Protein Bolognese

Time: 40 mins

Calories: 651

Protein: 47g

Ingredients:

½ Myvegan 'Minus the Meat'
Meal Kit inc. seasoning mix
100ml cold water
75g Spaghetti
½ medium Carrot
½ Red Onion
50g Oyster Mushrooms
1 medium Tomato
200g tinned chopped
Tomatoes

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1 tbsp Pomato puree
1 tsp Garlic granules
1 tsp Yeast Extract
1 tsp mixed herbs
1 tsp Olive Oil
Salt and Pepper

Method:

1. Add the wheat protein, seasoning sachet and 100ml of water to a bowl, stir then set aside for 10 mins to rehydrate.
2. Grate the carrot, and finely chop the oyster mushroom, onion, and tomato.
3. Add the pasta to a pan of boiling water and boil for 8–10 mins until al dente. Drain and set aside.
4. In a separate pan on a medium heat, add the olive oil, followed by the grated carrot and sliced onion, oyster mushroom and tomato. Lightly fry for 5–10 mins until the onions are soft and the mushrooms have started to release their juices.
5. Add the chopped tomatoes, tomato puree, garlic granules, yeast extract, olive oil and salt and pepper. Then add in the protein mince mix and simmer for 10–15 mins until the sauce has thickened. Serve with the spaghetti and enjoy.

This protein —packed meal contains 3 portions of vegetables out of the recommended 5 a day.

New-Fashioned Guacamole

Time: 5 mins

Calories: 270

Protein: 15g

Ingredients:

½ large Avocado

Juice of ½ Lemon

2 Sundried Tomatoes in Oil

1 tsp chopped Chives

Salt and Pepper

To serve: 1 medium Carrot,
mini Pitta Bread

Method:

1. Scoop out the the avocado flesh and add to a food processor or blender, along with the lemon juice, sundried tomatoes, chives, and salt and pepper. Blend until smooth.
2. Serve with carrot sticks and warm pitta breads.

Pairing avocado with tomato helps to increase absorption of anti-oxidants from the tomatoes.





Healthy Chocolate Spread

Time: 25 mins

Calories: 135

Protein: 4g

Ingredients:

50g raw Hazelnuts
15g Myvegan Organic Raw
Cacao Powder
2 tbsp Myvegan Sugar Free
Maple Syrup
5 drops Myvegan Vanilla
FlavDrops™
60ml Dairy Free Milk
Pinch of Salt

*Makes 3 portions

Method:

1. Preheat the oven to 180C and line a baking tray with greaseproof paper. Tip the hazelnuts onto the tray, spacing them out with plenty of room. Bake for 6-8 mins until golden, turning halfway. Leave to cool.
2. Rub the hazelnuts with a tea towel to remove as much of the skin as possible. Add the nuts to a food processor or high-speed blender, and whizz until a thick paste forms.
3. Add the cacao powder, maple syrup, flavdrops and dairy free milk and to continue until smooth. You may need to do this in shorter bursts in order to allow the blender to cool down. Store in an airtight jar for up to a week.*

Having hazelnuts as the base of this spread means the protein content is higher than shop-bought chocolate spreads.



Mini Apple Crumble

Time: 40 mins

Calories: 339

Protein: 6g

Ingredients:

1 large Apple
30g Porridge Oats
½ tbsp Maple Syrup
½ tbsp Coconut Oil
10g chopped Raw Almonds
1 tsp Cinnamon
¼ tsp Nutmeg
¼ tsp mixed spice
20ml boiling water

Method:

1. Preheat the oven to 180C. Chop the apple into small, even sized pieces and add to a pan with 20ml boiling water and the cinnamon, nutmeg and mixed spice.
2. Cook the apple on low heat for 5-10 mins until soft and juicy. Tip the apples into a small ramekin or dish.
3. To make the crumble, melt the coconut oil, then add to a bowl with the porridge oats, maple syrup and chopped almonds. Mix until clusters start to form. Cover the top of the apples with the crumble mix and bake for 20-25 mins until golden brown.

Leave the skin on the apples to increase the fibre content of this dessert, as the skin contains most of the fibre.

Protein Hot Chocolate

Time: 5 mins

Calories: 183

Protein: 25g

Ingredients:

250ml Dairy Free Milk
20g Myvegan Chocolate
Vegan Protein Blend
5 drops Myvegan Vanilla Flav Drops™
1 heaped tsp Myvegan Organic Raw Cacao Powder
2 tbsp boiling water
Optional: 1 tbsp Myvegan Organic Peanut Butter

Method:

1. Warm the milk in a pan or in the microwave, being careful not to bring it to the boil.
2. Add the cacao powder to a mug with 2 tbsp boiling water and mix to make a thick paste. Add the warm milk, protein blend and flavdrops and stir thoroughly. Serve whilst hot.

Raw cacao contains tryptophan, which can help to increase feelings of sleepiness. This makes a great bedtime drink.

Cookie Dough Bites

Time: 5 mins

Calories: 351

Protein: 8g

Ingredients:

45g Myvegan Instant Oats

15g Cashew Butter

1 tbsp Maple Syrup

3-4 drops Myvegan White

Chocolate FlavDrops™

10g Dairy Free

Chocolate Chips

1-2 tbsp Dairy Free Milk

if needed

Method:

1. Add the oats, cashew butter, maple syrup and flavdrops to a food processor or high-speed blender and whizz until a dough starts to form. If the mixture is too crumbly to roll into balls, add 1-2 tbsp of dairy free milk.

2. Add the chocolate chips to the dough and mix well to evenly distribute the chocolate chips. Roll into 3 small balls and store in the fridge until ready to eat.

Cashew butter has a higher concentration of both iron and magnesium compare to other nut butters, so can be beneficial to incorporate into a balanced diet.



Peanut Butter Layer Bar

Time: 10 mins + 30 mins freeze time

Calories: 183

Protein: 25g

Ingredients:

20g Porridge Oats
5g Myvegan Instant Oats
30g Myvegan Organic
Peanut Butter
10g Myvegan Vanilla Soy
Protein Isolate
2 tbsp Myvegan Sugar Free
Maple Syrup
10g Dark Chocolate
Splash of Dairy Free Milk
if needed

Method:

1. In a microwave safe bowl, melt the peanut butter until thin and runny.
2. Stir in the porridge oats, instant oats, protein powder and maple syrup and mix to make a thick dough. If dry and crumbly, add a splash of dairy free milk until the mixture comes together into a dough.
3. Press the mixture into lined muffin tins or miniature loaf tins and pop in the freezer for 15 mins.
4. In a microwave safe bowl or over a bain-marie, melt the chocolate. Remove the bars from the freezer and pour over the melted chocolate. Return to the freezer for another 15 mins until the chocolate has set. Store in the freezer until ready to eat.

