

MYVEGAN

Meal Plans

Weeks

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



Peanut Butter Granola

Time: 30 mins

Calories: 366

Protein: 11g

Ingredients:

150g Porridge Oats
75g Golden Syrup
75g Myvegan Organic
Peanut Butter
1-2 tsp Ground Cinnamon
75g Sultanas

To serve:

Dairy Free Milk
Fresh Fruit

Method (Makes 4 large portions):

1. Preheat the oven to 160C.
2. Add the peanut butter to a large bowl and microwave in 30 second bursts until runny. Stir in the maple syrup and cinnamon.
3. Pour in the oats and stir until the oats are completely covered in the peanut/maple mixture.
4. Line a flat baking tray with greaseproof paper and tip the raw granola onto the tray. Spread the granola out evenly across the tray, although don't worry if there are larger bits stuck together – this will form nice clusters!
5. Bake for 10 minutes until golden brown then flip the granola and bake on the other side for another 10 minutes. It will still be a little soft when it comes out but will firm up when it cools. Serve with yoghurt or dairy free milk and your favourite fruit.

Store granola in an airtight container for up to two weeks.



Tropical Island Smoothie

Homemade Baked Beans On Toast



Time: 5 mins

Calories: 389

Protein: 13g

Time: 35 mins

Calories: 470

Protein: 23g

Ingredients:

1 Banana
1 Kiwi
80g frozen Pineapple
80g frozen Mango
2 handful fresh Spinach
80g Coconut Yoghurt
250ml Dairy Free Milk

Method:

1. Add all the ingredients to the blender.
2. Whizz until smooth and serve!

Coconut yoghurt contains probiotics that can help play a role in building a healthy gut microbiome.

Ingredients:

1 Clove of Garlic
110g Haricot Beans
1/2 tin (200g) Chopped Tomatoes
1 tbsp Maple Syrup
2 tbsp Tomato Puree
1 tsp Smoked Paprika
Salt and Pepper
2 slices Sourdough Bread

Method:

1. Peel and crush the garlic clove, before adding it to a pan with the chopped tomatoes, maple syrup, and paprika.
2. Bring to the boil then simmer at a low heat for 15-20 minutes until the sauce has reduced a little.
3. Add the tomato puree and beans and cook for another 5-10 minutes, stirring regularly, until the sauce has thickened. Serve with your favourite sourdough bread.

These beans have less salt and sugar than the standard brand of beans and high in both fibre and protein.





Vanilla French Toast

Time: 20 mins

Calories: 433

Protein: 18g

Ingredients:

2 slices Sourdough Bread
150ml Dairy Free Milk
1 tbsp Myvegan Organic Chia Seeds
4-5 drops Myvegan Vanilla FlavDrops™
1 tsp Ground Cinnamon
1 tbsp Vegan Butter or Coconut Oil

To Serve:

80g Fresh Berries
Myvegan Sugar Free Maple Syrup or Chocolate Spread

Method:

1. To make the 'egg' mix, add the milk, chia seeds, vanilla extract and cinnamon to a bowl, and whisk well. Set aside for 5 minutes.
2. Dip the bread into the 'egg' mix, making sure that both sides are thoroughly soaked.
3. Add your spread or oil to your frying pan, and heat until melted. Add your bread to the pan (it should sizzle as you put it in the pan) and fry for 5-6 minutes until golden brown. Flip the bread and cook on the other side for another 5-6 minutes. Serve with berries and syrup or spread.

This is a really indulgent weekend breakfast, but the addition of chia seeds helps to boost the fibre content of this meal.



Spicy Sweetcorn Fritters & Tzatziki

Time: 20 mins

Calories: 480

Protein: 18g

Ingredients:

60g Plain Flour
1/2 tsp Baking Powder
80ml Dairy Free Milk
100g Tinned Sweetcorn
1/2 tsp Ground Turmeric
1/4 tsp dried Chilli Flakes
1/2 tbsp Oil
Salt and Pepper

To Serve:
Fresh Salad Greens

Method:

1. To make the tzatziki, remove the middle section of the cucumber that contains the seeds. Grate the rest of the cucumber and mix into the yoghurt with the lemon juice and the garlic.
2. To make the batter for the fritters, add the flour, baking powder, sweetcorn and spices to a bowl and mix well. Whisk in the milk and keep whisking until there are no lumps of flour.
3. Heat the oil in a pan at medium heat, and drop 1-2 tbsp batter per fritter into the pan. This will need to be done in batches. Cook for 3-4 minutes on each side, flipping in the middle. Serve with fresh green salad and tzatziki.

For the Tzatziki:

85g Soy Yoghurt
(Greek style if possible)
1/4 large Cucumber
2 tsp Lemon Juice
1 Clove Crushed Garlic

Soba Noodle Salad

Time: 15 mins

Calories: 570

Protein: 26g

Ingredients:

70g Soba or Wholewheat Noodles
60g Edamame Beans
1/4 Cucumber
1 medium Carrot
1 Spring Onion
100g Kale (no stems)
1/2 fresh Chilli (deseeded)
2 tsp Soy Sauce
1 tbsp Maple Syrup
1 tbsp Tahini
2 tbsp Cold Water
1 tbsp Sesame Seeds (optional)

Method:

1. Add the soba noodles to a pan of boiling water and cook for 8–10 minutes until soft.
2. Cut the cucumber, carrot and spring onion into thin strips.
3. To make the dressing, finely chop the chilli, then mix with the soy sauce, maple syrup, tahini and cold water.
4. Add the kale and dressing to a bowl, and massage until the kale is soft. Add the edamame beans, carrot, onion and cucumber to the kale and mix. Drain the noodles and add these to the salad and mix so that the dressing is evenly distributed. Serve with sesame seeds.

Messaging the kale helps to improve digestion, as it breaks down some of the fibre that can cause GI discomfort.

Beetroot, Quinoa & Walnut Salad

Time: 20 mins

Calories: 584

Protein: 17g

Ingredients:

1 head Baby Gem Lettuce
70g Baby Leaf Spinach
2 vacuum packed Beetroot (no vinegar)
1/2 medium Avocado
10g crushed Walnuts
45g dry Quinoa
1 tbsp Wholegrain Mustard
1 tbsp Tahini
1/2 tbsp Maple Syrup
Salt & Pepper
3 tbsp Water

Method:

1. Rinse the quinoa and add to a pan, with double the amount of cold water and bring to the boil. Let simmer for 10–15 minutes and leave to cool before draining any remaining water.
2. Roughly chop the lettuce and spinach and add to a bowl. Slice the beetroot and avocado into bitesize chunks and add to the lettuce. Stir in the cooled quinoa.
3. To make the dressing, mix the mustard, tahini, maple syrup, water and salt and pepper in a small bowl (adding more water if necessary.) Drizzle over the salad and top with the crushed walnuts.

Quinoa is higher in proteins than many other grains and is naturally gluten free.



'Cheesy' Broccoli Soup

Time: 30 mins

Calories: 346

Protein: 14g

Ingredients:

1/4 White Onion
1 Garlic Clove
1 stick of Celery
1 medium Carrot
100g Broccoli
100g White Potato
100g Parsnips
500ml Boiling Water
1/2 Vegetable
Stock Cube
1 tbsp Nutritional Yeast
1 tsp Lemon Juice
1 tsp Turmeric
1/2 tbsp Oil
Salt & Pepper

Method:

1. Finely chop the onion, garlic and celery and add to a saucepan with the oil. Cook on a low heat until the onion is soft.
2. While the onions are cooking, chop the potato, broccoli, carrot and parsnips into a small even sized cubes. Add the nutritional yeast and lemon juice, then cover the pan and simmer at a low heat for 15-20 minutes until the vegetables are soft.
3. Blend with a hand blender or if transferring to an upright blender then leave to cool before blending and reheat before serving.

Broccoli is an excellent source of iron, vitamin C, vitamin K, calcium, and folic acid.

'Tofish' Cakes with Homemade Wedges

Time: 45 mins

Calories: 498

Protein: 22g

Ingredients:

100g extra firm Tofu
1 Sushi Nori Sheet
80g White or Sweet Potato
40g Golden Breadcrumbs
1 Spring Onion
1 tsp Mixed Herbs
Salt & Pepper

For the Wedges:

150g White or Sweet Potato
1/2 tsp Olive Oil
Cracked Black Pepper

Method:

1. To make the wedges, preheat the oven to 200C and chop the potatoes into wedge shapes. Add to a baking tray and drizzle with the olive oil and pepper, and toss so that the wedges are completely coated. Roast for 35-40 minutes until golden and crispy, flipping halfway through cooking time.
2. To make the fishcakes, chop the remaining 80g of potatoes into small chunks and add to a pan of water. Bring to the boil and cook for 10-15 minutes until soft, but the potatoes still hold their shape.
3. Finely chop the spring onion and crumble to nori. Add to a food processor along with the tofu, mixed herbs, salt and pepper, and 30g of the breadcrumbs. Pulse to form a sandy texture, then drain the boiled potatoes and add these to the processor as well. Blend until thick, adding more breadcrumbs if necessary.
4. Form the tofu mix into 2-3 patties, and roll each patty in the leftover breadcrumbs. Bake for 30 minutes, turning the patties over half way through cooking. Serve with the wedges and a fresh green salad.

It is recommended that all vegans take a vitamin B12 supplement as it is a nutrient that is mostly found in animal products. However nori is an excellent source of B12, and just 4g contains 100% of the recommended daily intake.



Middle Eastern Lentil Stuffed Aubergine

Time: 1 hour

Calories: 473

Protein: 20g

Ingredients:

1/2 large Aubergine
(sliced lengthways)
70g dried Red Lentils
1/2 Vegetable
Stock Cube
1.5 tbsp Tomato Puree
1/2 Red Onion
1 Garlic Clove
1/2 Red Pepper
1/2 tbsp Olive Oil
Salt and Pepper

To Serve:

70g White or
Wholegrain Rice
90g Spring Greens

Method:

1. Preheat the oven to 200C. Scoop out most of the aubergine flesh, leaving a 1cm boarder. Chop the scooped out aubergine into small chunks.
2. Place the hollowed out aubergine upside down in a roasting tin for 15-20 minutes until softened.
3. Add the lentils to a saucepan, cover with water and bring to the bowl. Add the stock cube and simmer on a low heat for 15-20 minutes, until the lentils are soft.
4. Crush the garlic and chop the onion and pepper. Add to a pan with the olive oil and the aubergine chunks, and fry on a medium heat until softened. Add the lentil mix and the tomato puree and stir well.
5. Remove the aubergine from the oven and fill with the lentil mix. Return to the oven and bake for another 15-20 minutes until browning. Serve with mixed greens and rice.

Red lentils are a cheap and high protein option to add to a variety of dishes, especially Middle Eastern and Indian cuisines.

Speedy Pesto Pasta

Time: 30 mins

Calories: 519

Protein: 21g

Ingredients:

85g dried Pasta
85g Broccoli
10g chopped Brazil Nuts
1/4 tbsp Olive Oil
1 Clove of Garlic
Salt and Pepper

To Serve:
30g Rocket
1 tbsp Nutritional Yeast

Method:

1. Bring a pan of water to the boil and add the pasta. Cook for 8-10 minutes until al dente.
2. Chop the broccoli and add to a small saucepan and cover with cold water. Bring to the boil, then cook for 10-12 minutes until soft.
3. Without oil, add the brazil nuts to a pan and toast for 2-3 minutes, turning regularly.
4. Add the oil to the brazil nuts, along with the garlic, salt and pepper, and broccoli. Transfer these ingredients to a blender, or mash in the pan with a fork to create a sauce consistency.
5. Drain the pasta and pour over the sauce. Serve with nutritional yeast and some fresh rocket.

Having broccoli as the main star of this sauce reduces the overall fat content compared to an average pesto.



Vegetable Korma

Time: 35 mins

Calories: 565

Protein: 29g

Ingredients:

1/2 White Onion
1/2 small Courgette
60g Chicken style Pieces
40 Edamame Beans
50g Green Beans
1 medium Tomato
1/2 thumb sized piece
of Ginger
60ml lite Coconut Milk
1 tsp Curry Powder
1/2 tsp dried Coriander
1/2 tsp dried Cumin
1/2 tsp ground Turmeric
1/4 tbsp Olive Oil
1 tbsp Soy Sauce
1 tbsp Cornflour
Salt & Pepper

Method:

1. To cook the rice, follow the packet instructions.
2. Finely dice the onion, and chop the green beans, tomatoes and courgette into bitesize chunks. Peel and grate the ginger.
3. Add the oil to a pan on a medium heat and add the onions. Cook for 5 minutes until soft, then add the courgette, green beans, tomatoes and spices. Cook for 10 minutes until the veggies are soft, add the soy sauce and cook for another 1 minute.
4. Add the coconut milk, edamame beans, tomatoes, salt and papper, and reduce to a simmer, for 10-15 minutes. Add the cornflour and stir until the sauce has thickened.
5. Drain the rice and serve with the vegetable curry. Garnish with fresh coriander for authenticity.

To serve: 140g White or Wholegrain rice.



Anti-Inflammatory Oat Smoothie

Time: 5 mins

Calories: 409

Protein: 19g

Ingredients:

30g Porridge Oats
1 medium Banana
1 tbsp Myvegan natural Peanut Butter
250ml Dairy Free Milk
1 tsp Cinnamon
1 tsp Myvegan Organic Maca Powder

Method:

1. Add the oats, banana, peanut butter, dates, milk, cinnamon and maca powder to a blender.
2. Whizz until smooth and serve!

Cinnamon, oats and maca all contain antioxidants that can help to reduce inflammation

Spicy Seed and Nut Mix

Time: 20 mins

Calories: 291

Protein: 12g

Ingredients:

45g of your favourite nut and seed mix – this works well with cashews, almonds, pumpkin seeds and sunflower seeds
1 tsp Maple Syrup
1/2 tsp Curry Powder
Salt and Pepper

Method:

1. Preheat the oven to 160C and line a baking tray with greaseproof paper. Add the nut and seed mix, maple syrup, curry powder and salt and pepper to a bowl, and stir so that everything is thoroughly coated.
2. Pour the nuts and seeds onto a baking tray and make sure they are evenly spread out. Bake for 10–15 minutes until golden, turning regularly. These can burn easily, so do keep an eye on them.
3. Store in an airtight container.

Eaten in moderation, nuts are an excellent source of unsaturated fats and omega-3 fatty acids.

Raw Dark Chocolate Cups

Time: 5 mins

Calories: 330

Protein: 12g

Ingredients:

30g Myvegan Organic Raw Cacao Buttons
18g Myvegan Organic Raw Cacao Powder
10g Maple Syrup
10g Myvegan Organic Natural Peanut Butter

*an additional 45 minutes chill time is required

Method:

1. Melt the cacao buttons in the microwave in 30 second bursts, stirring regularly.
2. Once melted, stir in the cacao powder and maple syrup.
3. Use half the chocolate mixture to thoroughly coat the bottom of a muffin case and pop in the freezer for 10 mins.
4. Remove from the freezer and cover each chocolate base with a layer of peanut butter. Top with the remaining chocolate and then chill in the fridge for at least 30 minutes until the chocolate has hardened. Store in the fridge until ready to eat.

Cacao butter contains vitamin E and is also high in fatty acids, both of which can improve skin health and elasticity.



Bakewell Protein Bar



Time: 5 mins

Calories: 288

Protein: 25g

Ingredients:

20g Myvegan Vanilla Soy Protein Isolate
25g Natural Cashew Butter
1/2 tbsp Maple Syrup
1/2 tsp Almond Extract
1/2 tbsp Myvegan Instant Oats
1-2 tbsp Dairy Free Milk to bind

*an additional 15 minutes chill time is required

Method:

1. Mix together the cashew butter, maple syrup and almond extract until smooth.
2. Add the protein powder and instant oats and mix. The mix should come together to form a dough, so if too dry or crumbly then add dairy free milk 1 tbsp at a time.
3. Mould into a bar shape and freeze for 10-15 minutes until firm. Store in the freezer until ready to eat.

This is an easily adaptable recipe – just omit the almond extract and swap the vanilla protein isolate for chocolate or any of your other favourite flavours.



Simple Ice Lollies

Time: 5 mins

Calories: 307

Protein: 3g

Ingredients:

1 Banana
200g fresh Berries
1 Medjool Date (pitted)
2 tbsp Coconut Milk*
3 tbsp Cold Water

* This works best with tinned coconut milk, but any dairy free milk would work equally well

**an additional 4 hours of freezing time is required

Method:

1. Add all your ingredients to a blender and whizz until smooth.
2. Transfer to an ice lolly mould and freeze for at least 4 hours until firm. Store in the freezer until ready to eat.

Berries are an excellent source of Vitamin C, which helps with immunity and helps to maintain healthy gums.



Energy Balls

Time: 10 mins

Calories: 280

Protein: 17g

Ingredients:

1 Medjool Date (pitted)
25g Almonds or
Cashew Nuts
10g Myvegan Chocolate
Salted Caramel Vegan
Protein Blend
4-5 drops Myvegan
Vanilla FlavDrops™
1 tbsp Dairy Free Milk

Method:

1. If your dates have been stored in the fridge then soak them in boiling water for 5 minutes 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 protein blend and vanilla extract.
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.

Dates are high in fibre, and while medjool dates add a rich, caramel flavour to your foods, any dried and pitted dates will work in this recipe.

