

MYVEGAN

Meal Plans - Week 0

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

Smooth Skin Smoothie

Time: 5 mins

Calories: 402

Protein: 14g

Ingredients:

1/2 Ripe Avocado
1 Banana
100g Frozen Berries
250ml Dairy Free Milk
2 Handfuls Fresh Spinach
1tsp Myvegan Organic Maca Powder
1tbsp Myvegan 100% Flaxseed Powder

Method:

1. Scoop out the avocado and add to a blender along with the banana, berries, milk, spinach, maca powder and flaxseed powder.
2. Whizz until smooth and serve!

The healthy fats in the avocado and flaxseed help to build collagen stores, important for fresh looking skin.

Baked Berry Oats

Time: 30 mins

Calories: 549

Protein: 18g

Ingredients:

50g Porridge Oats
1 Ripe Banana
90ml Dairy Free Milk
1 tbsp Myvegan 100% Flaxseed Powder
2 tbsp Warm Water
80g Fresh/Frozen Berries
1 tbsp Myvegan Sugar
Free Maple Syrup
1 tbsp (15g) Myvegan Organic Peanut Butter

Method:

1. Preheat the oven to 180C and make the flax egg by mixing the warm water with the flaxseed. Leave to sit for 5 mins until thick.
2. In a bowl, mash the banana, then add the dairy free milk, berries and flax egg then transfer to a small baking dish.
3. Bake for 15-20 mins until golden and firm.
4. Top with maple syrup and nut butter, or any other topping of your choice.

Oats are a source of 'slow-release' energy and contain a type of soluble fibre (beta-glucan), that can help to increase satiety.

Chia Pudding

Time: 5 mins

Calories: 420

Protein: 18g

Ingredients:

1 Banana
2 tbsp Myvegan Organic Chia Seeds
250ml Dairy Free Milk
15g Porridge Oats
80g Fresh Fruit of your choice

Method:

1. Mash the banana into a small bowl.
2. Add the chia seeds, milk and porridge oats to the bowl with the banana. Mix well until the banana is well incorporated, then top with your fruit of choice.
3. Leave to chill in the fridge for a **minimum of 15 minutes**. This can also be prepared the day before and left overnight in the fridge.

**Serve with coconut yoghurt for extra creaminess*

Add 1 tbsp cacao powder for a chocolate boost; cacao is high in flavonoids, a class of anti-oxidents that help reduce inflammation.

Savoury Veg Toast

Time: 15 mins

Calories: 320

Protein: 17g

Ingredients:

200g Chestnut or Button Mushrooms
100g Spinach
1 Clove of Garlic
1/2 tbsp Olive Oil
2 Slices Sourdough Bread
Salt & Pepper

Method:

1. Crush the garlic and chop the mushrooms into slices.
2. Add the oil to a pan with the mushrooms and garlic and cook on a medium heat for 7-8 mins until the mushrooms have started to soften.
3. Add the spinach and stir until the spinach has wilted and the mushrooms are completely soft.
4. While the spinach is cooking, toast your favourite bread, and once ready, top with the garlicky mushrooms and spinach. Season with salt and pepper.

Mushrooms are an excellent source of Vitamin D, which can help to boost immunity.



Falafel Mezze Salad



Time: 1 hr

Calories: 594

Protein: 24g

Ingredients:

50g shop bought or home made Hummous*
80g Red Cabbage
50g Black or Green Olives
45g Quinoa (dry)
Juice of 1/2 Lemon
1 Clove of Garlic
1 medium Tomato
1/4 large Cucumber
1 head Gem Lettuce
1/4 Red Onion
1 handful of Parsley, finely chopped
3 homemade Falafel

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. Finely chop the onion, cucumber and tomato and add to the cooled quinoa.
3. Crush the garlic clove and mix with the lemon juice, before pouring over the quinoa tabouleh. Top with the parsley.
4. To make a salad, thinly slice the cabbage and gem lettuce and add to a bowl with the tabouleh, olives, hummous and falafel.

**see week 01 lunch option 03 for homemade hummous recipe.*

For the Falafel

75g Sweet Potato
75g Drained Chickpeas
1 Spring Onion
1 tsp Ground Tumeric
1/2 tsp Ground Coriander
Salt & Pepper

Method:

1. Boil or microwave the sweet potato until soft. Roughly chop the spring onion and add to a blender with the potato, chickpeas and spices.
2. Roll into 2-3 ball shaped pieces and chill for 30 minutes. Preheat the oven to 180C and bake the falafel for 25-30 minutes until golden and crispy.



Satay Tofu Salad

Time: 15 mins

Calories: 497

Protein: 33g

Ingredients:

100g extra firm Tofu
60g frozen Edamame Beans
1/2 Medium Red Pepper
85g Red Cabbage
75g Broccoli
1 medium Carrot
1 small bag Mixed Salad
2 tbsp Myvegan Organic Peanut Butter
1 tbsp Apple Cider Vinegar
1 tbsp Myvegan sugar free Maple Syrup

Method:

1. Drain and press the tofu and cut into small cubes. Finely slice the red cabbage, pepper and broccoli and defrost the edamame according to instructions.
2. Using a vegetable peeler, peel lengthways down the carrot to create long ribbons.
3. To make the satay dressing, mix peanut butter, vinegar and maple syrup in a small bowl.
4. Add the mixed salad to a large bowl and top with the edamame beans, pepper, cabbage and broccoli. Pour over the sauce when ready to eat.

The tofu, edamame and peanut butter in this recipe pack a real protein punch and can easily be stir fried to make a hot meal.

Loaded Sandwich

Time: 30 mins

Calories: 460

Protein: 18g

Ingredients:

50g shop bought or home-made Hummous
1 Portablllo Mushroom
2 roasted Red Peppers from a jar
Handful of rocket
1 small baguette or 2 slices of thick crusty bread

Hummous:

1 tin (400g) of Chickpeas
60ml aquafaba
2 tbsp light tahini
Juice of half a lemon
Salt & Pepper
1 clove of Garlic (optional)

Method:

1. Preheat the oven to 180C, chop the mushrooms into slices and roast for 15-20 minutes until soft and juicy.
2. To make the hummous, drain the chickpeas, saving 60ml of the chickpea water (aquafaba).
3. Add the chickpeas and aquafaba to a food processor or blender, with the tahini, lemon juice and salt and pepper (and garlic if using).
4. To assemble the sandwich, cut the baguette and smear hummous on both halves. Add the mushroom, roasted red pepper and rocket. Slice and serve.

The addition of aquafaba creates a creamy texture without added oil. This hummous makes four portions.



Store Cupboard Tomato Soup

Time: 15/20 mins

Calories: 341

Protein: 14g

Ingredients:

1/2 tbsp Olive Oil
1/2 Red Onion
1 Clove Crushed Garlic
1 tin (400g) Chopped Tomatoes
1/2 tin (200g) White or Butter Beans
1 Vegetable Stock Cube
200ml Water
Salt & Pepper

Method:

1. Heat the oil in a saucepan and finely chop the onion. Add to the pan with the oil and cook for 5 minutes on a low heat until soft.
2. Add the tomatoes, stock cube and water, then simmer for 8-10 minutes.
3. Blend with a hand blender or if transferring to an upright blender then leave to cool before blending and reheat before serving.
4. Once the desired consistency is reached, drain the beans, and add to the soup, along with the salt and pepper.

Cooked tomatoes are high in anti-oxident lycopene, which can help to reduce inflammation within the body.

Lentil Cottage Pie

Time: 45 mins

Calories: 400

Protein: 18g

Ingredients:

170g White Potatoes
1/2 tbsp Olive Oil
55g Onion
1 medium Carrot
4 medium Courgette
100g tinned chopped tomatoes
1/4 tin (400g) green lentils
1 tbsp tomato puree
1 tbsp soy sauce
1 tsp dried mixed herbs
1/2 Vegetable Stock Cube
25ml Plant Based Milk
1/4 tsp Dijon Mustard
1 tbsp nutritional yeast flakes
Salt & Pepper
90g spring greens

Method:

1. Peel and chop the potatoes into equal sized chunks and add to a pan of boiling water. Cook for 15-20 minutes until soft. Finely dice the onion and chop the carrot and courgette into small, even sized pieces. Preheat the oven to 180C/160C fan.
2. Heat the oil in a pan and add the onion, cooking for 5 minutes until soft. Add the carrot, courgette, tomatoes, drained lentils, tomato puree, soy sauce, mixed herbs and stock cube. Simmer for 20-30 minutes, stirring regularly, until a thick sauce forms. Add a little more water if necessary, and season with salt and pepper.
3. Drain the potatoes, then add the milk, mustard, and nutritional yeast and mash well.
4. Add the lentil mix to a casserole or lasagne dish, then top with the mash. Run a fork through the mashed potato to create lines (this is what helps make the edges crispy). Bake for 20-30 minutes until the potato has turned golden brown around the fork lines, Serve with steamed spring greens.

This meal works well for batch cooking and can be frozen in individual portions.



Tofu Sweet Chilli Stir Fry

Time: 20 mins

Calories: 464

Protein: 25g

Ingredients:

75g extra firm Tofu
100g Wholewheat Noodles
50g Beansprouts
1/2 Head Pak Choi
2 Spring Onions
1/2 Red Pepper
50g Green Beans
1/2 Red Chilli (deseeded)
1/4 tbsp sesame or olive oil
25ml Water
1 tbsp Soy Sauce
1/2 tbsp Maple Syrup
Juice of 1/2 Lime
Salt & Pepper

Method:

1. Add the noodles to a pan, cover with water and cook according to package instructions.
2. Cut the tofu into 1cm cubes, and chop the pak choi, onions, peppers and green beans into bitesize chunks. Finely chop the chilli.
3. Add the oil to a wok or frying pan, and warm on high-medium heat. Add the tofu, onion and pepper and cook for 7-8 minutes until the tofu is starting to crisp. Stir constantly.
4. In a small bowl, mix together the water, soy sauce and maple syrup then add to the vegetable pan along with the beansprouts. Cook for 3-5 minutes, making sure the vegetables are thoroughly coated.
5. Drain the noodles and add them to the vegetable and dressing mix, and squeeze the lime juice over the top. Season and serve.

Tofu is not only a good source of protein, but is also an excellent way of increasing iron and calcium intake.

Kale, Chickpea and Tomato Curry

Time: 35 mins

Calories: 385

Protein: 16g

Ingredients:

120g drained Chickpeas
1/2 medium Aubergine
1/2 Red Pepper
1/2 medium Onion
1/2 Red Chilli (deseeded)
75g fresh Kale
100ml Chopped Tomatoes
60ml lite Coconut Milk
1 thumb sized piece of fresh Ginger
1 tsp Curry Powder
1/2 tsp Coriander
1/2 tsp Cumin
1/4 tbsp Olive Oil
1 tbsp Soy Sauce
Salt & Pepper

Method:

1. Peel and grate the ginger. Finely chop the onion and chilli and cut the pepper and aubergine into small chunks.
2. Add the oil to a suacepan on a high heat, then add the ginger, onion, chilli and spices. Cook for 1-2 minutes, stirring constantly. Add the aubergine and cook for another 5-6 minutes until browned. Add the soy sauce and cook for another minute.
3. Add the tomatoes, coconut milk and chickpeas to the pan, and cook for 10-15 minutes until the sauce has thickened. Add the kale and cook for another 3-4 minutes until softened and dark green. Serve with fresh rice or naan bread.

Kale is considered a 'superfood' due to it's high concentration of vitamins A, C and K.





'No Chicken' Paella

Time: 50 mins

Calories: 450

Protein: 19g

Ingredients:

75g Short Grain Brown Rice
60g Chicken Style Pieces
200ml boiling Water
1/2 Vegetable Stock Cube
1/2 tsp Ground Tumeric
1/2 Red Onion
1/4 Medium Courgette
1/2 Medium Carrot
1/2 Red Pepper
120g tinned Chopped Tomatoes
1 tsp Mixed Herbs
1 tsp Smoked Paprika
1/4 tbsp Olive Oil
Salt & Pepper

Method:

1. Add the rice, water, tumeric and stock cube into a pan, and bring to the boil with the lid on. Once it reaches a boil, reduce to a low heat and simmer for 30-35 minutes until the water has boiled off.
2. Grate the carrot, and chop the onion, peppers and courgette into small pieces. Add to the pan with the oil and chicken-style pieces and cook for 5 minutes on a medium heat, until the onion is soft. Add the chopped tomatoes, mixed herbs and paprika, and bring to the boil, before reducing the heat and simmering for 5-10 minutes until the sauce has reduced and thickened. If it becomes too dry, add 1-2 tbsp of water.
3. Once the rice is cooked, add the rice to the pan containing the sauce mixture and stir thoroughly. Remove from the heat and season with salt and pepper before serving.



Babaganoush (Aubergine Dip)

Time: 40 mins

Calories: 230

Protein: 9g

Ingredients:

1/2 large Aubergine
1 clove of Garlic (optional)
1.5 tbsp Tahini
1-2 tbsp Water
Juice of 1/2 Lemon

To Serve:

100g crunchy vegetables e.g. Carrot, Celery, Red Pepper, Radish or Cucumber

Method:

1. Preheat the oven to 180C. Chop the aubergine and add to a baking tray. Roast for 25-30 minutes until soft.
2. Crush the garlic. Add to a food processor with the aubergine, tahini, water and lemon juice and blend! Add more water if needed to reach desired consistency. Serve with your favourite crunchy vegetables.

Tahini is made from ground sesame seeds and is commonly found in Middle Eastern dishes. Tahini is a great source of calcium, a nutrient that can help reduce the risk of osteoporosis.

Energy Burst Mocha Smoothie

Time: 5 mins

Calories: 305

Protein: 30g

Ingredients:

1 frozen Banana
250ml Dairy Free Milk
30g Myvegan Chocolate
Vegan Protein Blend
1 heaped tsp Instant Coffee

Optional: 1 tbsp Myvegan
Organic Peanut Butter

Method:

1. Add the milk and banana to a blender, then add the protein powder and coffee (and peanut butter if using).
2. Whizz until smooth and enjoy!

*This can be made the evening before and kept in the fridge until you need it the next day.

Freezing the banana first adds extra creaminess to this smoothie. Adding protein will help you feeling full and energized.



Sneaky Chocolate Mousse

Time: 5 mins

Calories: 385

Protein: 9g

Ingredients:

1/2 ripe Avocado
1 medium Banana
1 Medjool Date (pitted)
10g Myvegan Organic Peanut Butter
1.5 heaped tsp Myvegan Organic Cacao Powder
2-3 tbsp Dairy Free Milk

Method:

1. Scoop out the Avocado and add to a food processor or blender.
2. Add the banana, date, peanut butter and cacao powder and blend until smooth. Add the milk 1 tsp at a time until the mixture forms a smooth, mousse-like consistency.
3. Store in the fridge until ready to eat.

The unsaturated fats in this mousse are considered the 'good' fats, and can improve cardiovascular health when eaten in moderation.

Choco Banana Dippers

Time: 5 mins

Calories: 328

Protein: 4g

Ingredients:

1 medium Banana
30g Dark Chocolate
10g Myvegan Raw
Cocoa Nibs

Method:

1. Break up the chocolate into a heatproof bowl and melt in the microwave in 30 second bursts.
2. Peel the banana, chop into thirds and dip into the melted chocolate.
3. Sprinkle the cacao nobs over the banana and lay each banana third onto a piece of greaseproof paper.
4. Pop in the freezer for 15-20 minutes until the chocolate has hardened. Remove from the freezer when ready to eat.

Cacao nibs are a surprising source of both protein and fibre, and add a rich, nutty flavour to dishes.

Choc Orange Protein Cookie

Time: 5 mins

Calories: 263

Protein: 15g

Ingredients:

1 tbsp Coconut Oil
1 tsp Myvegan sugar free
Maple Syrup
2 tbsp Dairy Free Milk
20g Myvegan
Chocolate Orange Vegan
Protein Blend
10g Dairy Free Chocolate
Chips

Method:

1. In a small bowl melt the coconut oil, then mix in the maple syrup and dairy free milk.
2. Whisk in the protein powder and chocolate chips until a thick dough is formed.
3. Line a microwaveable plate with greaseproof paper and shape the dough into a cookie shape. Microwave on high for 40-60 seconds (until firm but not hard!). When cooked it will be fluffy but still hold it's shape.
4. Best eaten while still warm.

Protein is important for muscle and cell repair and can also help to reduce hunger and appetite levels.



Mixed Berry Fro-Yo

Time: 5 mins

Calories: 179

Protein: 2g

Ingredients:

150g Frozen Berries
65g Dairy Free Yoghurt*
1 tbsp Maple Syrup

Method:

Add all ingredients to a food processor – if using a blender then you may need to add more liquid for this to blend well.

2. Serve immediately or store in the freezer for up to 1 month.

*Coconut yoghurt will make a creamier Fro-Yo than Soy yoghurt, but either will work well.

