



**28 DAY
VEGETARIAN
MEAL PLAN**

365

FITTER

Fitter Food Vegetarian Meal Plan

This is a Fitter Food 28 day vegetarian meal plan, you can use this as a template to follow a healthy vegetarian diet or simply as inspiration to increase your vegetarian meals across the week.

This plan can also be easily adapted to include meat, fish or poultry whilst making the majority of your meals vegetarian.

You can also use the protein boost guide to ensure you meet your protein requirements, add protein based snacks or desserts (e.g. a smoothie or yogurt and berries) where needed.



ADD A PROTEIN BOOST

Rough Guide to Vegetarian Protein Sources

DAIRY

- 1 egg
6g protein
- 150g cottage cheese
14–16g protein
- 170g Greek/plain yogurt
13–18g protein
- 200ml milk (dairy)
6–8g protein
- 100g quark
11–14g protein
- 30g hard cheese
6–11g protein

SOY

- 100g tofu
11–12g protein

NUTS/NUT BUTTER

- 30g serving
5–8g protein

PROTEIN POWDERS

- Whey, hemp, rice, pea
20–40g protein

GRAINS

- 100g cooked
e.g. rice, oats, quinoa
3–6g protein

BEANS/PULSES

- 150g (cooked)
10–18g protein

***low fat, natural sources of dairy provides a protein boost without adding too many additional calories and will be higher in protein.**



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VEGETARIAN MEAL PLAN

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Plan Your Meals

- Use the blank meal planner to create your own weekly meal plan or use the Fitter Food template.
- Get organised by writing your shopping list.
- Plan time to batch cook meals and prepare ahead.
- Check your meal plan each Friday to ensure you have plenty of time to do your food shopping and have the ingredients ready for a batch cooking session at the weekend and midweek.
- Make sure you have plenty of fresh salad ingredients in each week and keep your green game strong.

FITTER FOOD WEEKLY MEAL PLAN

MEALS	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
PREPARE AHEAD							
Batch cooking and meal preparation tasks							
Dietary eliminations							

FITTER FOOD SHOPPING LIST

MONDAY MEALS

1

2

3

TUESDAY MEALS

1

2

3

WEDNESDAY MEALS

1

2

3

THURSDAY MEALS

1

2

3

FRIDAY MEALS

1

2

3

SATURDAY MEALS

1

2

3

SUNDAY MEALS

1

2

3

VEGETABLES, FRUIT, HERBS

TINNED GOODS, OILS, SPICES

DAIRY

GRAINS, LEGUMES

DRINKS, FROZEN FOODS

MISCELLANEOUS

CONTENT

BREAKFASTS

Banana and blueberry calzone
 Banana chia porridge
 Berry breakfast quinoa
 Bircher muesli
 Blueberry oats to go
 BOSH beans, scrambled eggs and spinach
 Breakfast veggies
 Carrot cake bircher muesli
 Cooked apples and quinoa
 Cottage bowls: overnight and instant
 Cottage flaxcakes
 Goat's cheese and red pepper calzone
 Protein pancakes
 Protein power porridge
 Stewed fruit with yoghurt and spices
 Sunflower seed, honey and oat loaf
 Veggie omelette
 Yoghurt and homemade nutty cereal

SMOOTHIES

Apple pie smoothie
 Berry bakewell protein smoothie
 Berry tofu smoothie
 Nojito smoothie
 Smoothies
 Turmeric and black pepper smoothie

LUNCHES

Avocado, pea and mint quinoa
 Cheese, tomato and basil quiche
 Goat's cheese and beetroot salad
 How to pimp a salad
 Lettuce wraps
 Savoury seed loaf
 Sundried tomato and olive protein loaf
 Sweet potato salad
 Veggie loaf

SOUPS

5-a-day soup
 Carrot and turmeric soup
 Creamy courgette and spinach soup
 Hulk soup
 Maxistrone soup
 Pea and mint soup
 Spicy butter bean soup
 Squash, ginger and leek soup

DINNERS

Aubergine and chickpea curry
 Baked bean stew
 Brilliant beetroot burger
 Broccoli, pea and parmesan frittata
 Butternut and black bean casserole
 Caribbean sweet potato & black bean curry
 Carrot and butterbean patties
 Carrot pizza
 Delish red lentil dhal
 Falafel burgers with fresh mint dip
 Moroccan quinoa
 Moroccan vegetable tagine
 Nutty tofu stir fry
 Smokey vegan shepherd's pie

Spicy sweet potato curry
 Spinach and chickpea curry
 Sweet potato chilli
 Turmeric and aubergine curry
 Turmeric and lentil chilli
 Vegetable bolognese
 Vegetable chilli

SIDES

5-a-day slaw
 5-a-side veg
 Carrot and cauliflower harrisa mash
 Curried sweet potato mash
 Epic herby salad
 Great greek salad
 Indian style sweet potatoes
 Italian tray bake
 Kale and sweet potato mash
 Lemon broccoli
 Mushroom and spring onion cauliflower rice
 Quick ratatouille
 Spicy courgette chips
 Squash wedges with almond pesto
 Super mash
 Super quick slaw
 Sweet and spicy squash wedges
 Sweet potato wedges

SAUCES

Almond pesto
 Carrot, apple and ginger dressing
 Homemade guacamole
 Homemade ketchup
 Homemade tartar sauce
 Homemade tzatziki
 Lime and chilli hummus



MEAL PLAN WEEK 1

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Choose a smoothie	Yoghurt and homemade nutty cereal	Blueberry oats to go	Bircher muesli	Sunflower seed, honey and oat loaf topped with soft boiled eggs	BOSH beans, scrambled eggs and spinach	Protein pancakes
MEAL TWO	Creamy courgette and soup with poached eggs and side salad	Leftover: delish red lentil dhal with tofu and salad	Leftover: brilliant beetroot burger with salad	Cheese, tomato and basil quiche with salad	Leftover: cheese, tomato and basil quiche with salad	Avocado, pea and mint quinoa	Sweet potato salad
MEAL THREE	Delish red lentil dhal with tofu and and steamed spinach and broccoli	Brilliant beetroot burger with great Greek salad	Spinach and chickpea curry topped with tofu, with spicy courgette wedges	Nutty tofu stir fry	Vegetable chilli with goat's cheese and rocket salad	Caribbean sweet potato & black bean curry	Baked bean stew with 5-a-day slaw, topped with Greek yogurt

MEAL PLAN WEEK 2

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Eggs n oats	Bircher muesli	Cottage bowls	Protein power porridge	Berry breakfast quinoa	Banana and blueberry calzone	Veggie omelette
MEAL TWO	Goat's cheese, walnut and beetroot salad	Leftover: falafel burgers with avocado and salad	Leftover: Moroccan quinoa with epic herby salad	Sweet potato jackets with cottage cheese, chives and salad	Leftover: vegetable bolognese with tofu and rocket	Maxistrone soup with savoury seed loaf	Leftover: maxistrone soup with savoury seed loaf
MEAL THREE	Falafel burgers with fresh mint dip with super quick slaw and salad	Moroccan quinoa with epic herby salad	Spicy butter bean soup with poached eggs and salad	Vegetable bolognese, topped with tofu and rocket	Butternut and black bean casserole with lemon broccoli and rocket salad	Carrot pizza with Italian tray bake and sweet and spicy squash wedges	Aubergine and chickpea curry topped with tofu, served with curried sweet potato mash

MEAL PLAN WEEK 3

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Sunflower seed, honey and oat loaf topped with soft boiled eggs	Yoghurt and homemade nutty cereal	Blueberry oats to go	Breakfast veggies	Choose a smoothie	BOSH beans, scrambled eggs and spinach	Protein pancakes
MEAL TWO	5-a-day soup with savoury seed loaf	Leftover: 5-a-day soup with savoury seed loaf	Goat's cheese, walnut and beetroot salad	Leftover: broccoli, pea and parmesan frittata with salad	Leftover: carrot and butterbean patties with tofu and salad	Sundried tomato and olive protein loaf with pimped salad	Leftover: sundried tomato and olive protein loaf with pimped salad
MEAL THREE	Moroccan vegetable tagine with goat's cheese salad	Nutty tofu stir fry	Broccoli, pea and parmesan frittata with Italian tray bake	Carrot and butterbean patties with tofu and quick ratatouille	Turmeric and lentil chilli with 5-a-side veg, top with Greek yogurt	Sweet potato chilli with super quick slaw	Smokey vegan shepherd's pie with quick ratatouille

MEAL PLAN WEEK 4

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Cottage bowls	Banana chia porridge	Stewed fruit with yoghurt and spices	Choose a smoothie	Carrot cake bircher	Goat's cheese and red pepper calzone	Breakfast veggies
MEAL TWO	Sundried tomato and olive protein loaf with salad	Leftover: sundried tomato and olive protein loaf with avocado and salad	Leftover: spinach and chickpea curry with tofu and rocket	Goat's cheese and beetroot salad	Leftover: vegetable bolognese, topped with tofu and rocket	Carrot and turmeric soup veggie loaf	Leftover: carrot and turmeric soup with veggie loaf
MEAL THREE	Turmeric and lentil chilli with steamed spinach and carrot and cauliflower harrisa mash	Spinach and chickpea curry with tofu and steamed kale	Delish red lentil dhal with tofu, steamed spinach and lemon broccoli	Vegetable bolognese, topped with tofu and rocket	Moroccan quinoa with 5-a-side veg	Brilliant beetroot burger with great Greek salad	Baked bean stew with 5-a-day slaw, topped with Greek yogurt

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BREAKFASTS
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BANANA AND BLUEBERRY CALZONE

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES:1



INGREDIENTS

Coconut oil or butter for cooking

3–4 eggs, beaten

1 banana, sliced

Small handful blueberries

1 tbsp. walnuts, halved

A sprinkle of cinnamon

½ tsp. grated nutmeg

Pinch of salt

1 tsp. raw honey (optional)

METHOD

Place a small amount of coconut oil or butter in a pan and melt over a low heat.

Add the beaten egg to pan and tilt the pan to allow the egg mixture to cover the base and cook gently for 2–3 minutes, using a spatula carefully flip it over, allow to cook for a minute.

Place the banana, blueberries and walnuts in the middle of the omelette, sprinkle with cinnamon, salt and nutmeg, drizzle with a little honey, if adding.

Fold the omelette in half to encase the filling and seal the edges by pressing down with the spatula.

Allow to cook for another 2–3 minutes.

BANANA CHIA PORRIDGE

PREPARATION TIME: 10–15 minutes

COOKING TIME: 5 minutes (ideally soak overnight)

SERVES: 1

INGREDIENTS

2 tbsp. chia seeds

150ml unsweetened almond milk

1 tsp. vanilla extract

Sprinkle ground cinnamon

1 ripe banana

25g vanilla protein powder

METHOD

In a bowl, stir together chia seeds, milk, vanilla and cinnamon. Allow to sit for 10–15 minutes or, even better, refrigerate overnight. The chia seeds will expand and absorb the liquid creating a chia tapioca.

Mash the banana in a bowl (or use a blender). If you're not keen on tapioca texture, add the chia seeds to the blender to make the porridge a smoother consistency.

Place the chia mix and banana in a non-stick saucepan and gently warm through.

Remove from the heat and stir in the protein powder.



BERRY BREAKFAST QUINOA

PREPARATION TIME: 5 minutes

COOKING TIME: 2 minutes

SERVES: 1

INGREDIENTS

80g raspberries

20g vanilla protein powder

150ml almond milk

½ tsp. of vanilla extract

100–150g quick cook quinoa (or substitute cooked
oats or buckwheat)

1 tbsp. almonds (optional)

METHOD

Cook the quinoa as per the instructions.

In a blender combine the protein powder, raspberries,
vanilla extract and almond milk to make a thick topping.

Pour over the warm quinoa, top with almonds and serve.



BIRCHER MUESLI

PREPARATION TIME: 5 minutes (soak overnight)

SERVES: 1



INGREDIENTS

- 50–80g rolled oats
- 1 small apple, grated
- 50–80ml coconut water
- Sprinkle of cinnamon
- Pinch of grated nutmeg
- Small chunk root ginger, grated (optional)
- 2–3 spoonfuls of natural yogurt
- 1 tbsp. almonds

METHOD

Place the oats in a bowl with the cinnamon, ginger and nutmeg. Cover the oats with coconut water and stir in the yogurt, combine thoroughly and allow to soak overnight.

BLUEBERRY OATS TO GO

PREPARATION TIME: 5 minutes

*soak overnight if possible

SERVES: 1

INGREDIENTS

100g blueberries
150g low fat Greek yogurt
50g oats
½ tsp. cinnamon
1 heaped tsp. chia seeds
Water

METHOD

Place the oats in a small bowl and cover with water, stir in the yogurt, blueberries, chia seeds and cinnamon. Place in the fridge and allow to soak overnight.

You can consume the ingredients as overnight oats or blend into a smoothie the following morning.



BOSH BEANS, SCRAMBLED EGGS AND SPINACH

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 4-6

INGREDIENTS

The Beans

- 1-2 tbsp. olive oil
- 3 cloves garlic, peeled and finely chopped
- 2 x 400g tins chopped tomatoes
- 4 tbsp. Worcestershire sauce
- 1 x 400g tin butter beans, drained
- 1 x 400g tin cannellini beans, drained

Eggs and Spinach

- 2-4 eggs, beaten
- 2 handfuls spinach
- Salt and pepper

METHOD

Start by making the beans: heat the olive oil in a pan over a medium heat before adding the garlic and cooking for a couple of minutes (do not burn).

Add the tomatoes and Worcestershire sauce and stir through.

Bring to a simmer and cook for 6 minutes.

Add the beans, stir through and cook for another 6-8 minutes, stirring occasionally.

Whilst the beans finish cooking, warm a little olive oil in a separate pan and add the beaten eggs. Keep stirring the eggs to scramble them.

Finally add the spinach to the pan and allow to wilt down before serving with scrambled eggs and BOSH beans.



BREAKFAST VEGGIES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–12 minutes

SERVES: 4

INGREDIENTS

- 1 x 390g carton chopped tomatoes
- ½ courgette, cubed
- 100g cooked chickpeas
- 200g spinach
- 125g mushrooms
- 1 tsp. mixed herbs
- Salt and freshly ground black pepper
- Handful of fresh parsley, roughly chopped

METHOD

Place the chopped tomatoes in a saucepan and warm through on a medium heat.

Add the courgette, mushrooms, chickpeas and mixed herbs. Stir and simmer for 8–10 minutes until the courgette has softened.

Finally add the spinach and allow to wilt for 2–3 minutes, season to taste and serve topped with fresh parsley.



CARROT CAKE BIRCHER MUESLI

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

50g oats
 1 tsp. sultanas
 ½ -1 tsp. cinnamon
 1 small carrot, grated
 150ml unsweetened almond milk
 15-20g vanilla protein powder

Topping (Optional)

1-heaped spoonful Greek yogurt
 Squeeze lemon juice
 1 tbsp. walnuts, crushed
 1 tsp. honey or xylitol

METHOD

Place the oats, sultanas, cinnamon, protein powder and carrot in a bowl. Combine the ingredients and cover with almond milk.

Place in the fridge and leave to soak overnight.

Place the yogurt in the bowl and add the lemon, walnuts and honey, top the bircher muesli and serve.



COOKED APPLES AND QUINOA

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 2

INGREDIENTS

250g cooked quinoa

2 apples, cored and diced

2 tbsp. water

200–300ml unsweetened almond milk

1 tsp. honey

1 tsp. vanilla extract

1 tsp. cinnamon

1 tbsp. walnuts, crushed

METHOD

Warm the apples, honey and cinnamon in a saucepan with a little water.

Stir and cook through until the apples soften.

Add the vanilla, cooked quinoa and stir through, add a small amount of almond milk and begin to warm through for 5–8 minutes.

Add more almond milk, if desired, and serve topped with walnuts.



OVERNIGHT COTTAGE BOWLS

PREPARATION TIME: 5 minutes and soak overnight
SERVES: 1

Banana and Almond

INGREDIENTS

150–300g cottage cheese
Small handful of blueberries
2 tbsp. oat bran
Sprinkle of cinnamon
Pinch of grated nutmeg
1 tbsp. almonds, chopped
1 banana sliced
1 tsp. honey (optional)

METHOD

Place all the ingredients except the banana in a bowl and combine thoroughly, allow to soak overnight.

Add the sliced banana, stir again and serve.

Apple and Cinnamon

INGREDIENTS

150–300g cottage cheese
2 tbsp. oat bran
1 small apple, grated
½ tsp. cinnamon
Pinch of grated nutmeg
1 tsp. honey (optional)

METHOD

Place all the ingredients in a bowl and combine thoroughly, allow to soak overnight.



INSTANT COTTAGE BOWLS

PREPARATION TIME: 5 minutes
SERVES: 1

INGREDIENTS

150–300g cottage cheese
1 tbsp. almond butter
Small handful of blueberries
1 tbsp. pumpkin seeds

METHOD

Mix all the ingredients together in a bowl and serve.

COTTAGE FLAXCAKES

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 1



INGREDIENTS

3 eggs
 3 heaped tbsp. cottage cheese
 1 tbsp. flaxseed
 Butter or olive oil for cooking

To Serve

Fresh berries and cinnamon

METHOD

Place a knob of butter or a small amount of olive oil in a non-stick frying pan over a moderate heat.

Beat the eggs and cottage cheese in a bowl until combined.

Stir in the flaxseed.

Gently pour the mixture into the pan to make a small pancake and cook for 4–5 minutes before flipping over to cook the underside.

Serve with fresh berries and a sprinkle of cinnamon.

GOAT'S CHEESE AND RED PEPPER CALZONE

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 2

INGREDIENTS

Olive oil for cooking	2 small slices goat's cheese
4–6 eggs	½ red pepper, sliced
2 heaped tbsp. tomato puree	½ tsp. dried mixed herbs
Large handful of spinach	Salt and pepper

METHOD

Heat a little olive oil in a frying pan.

Beat the eggs in a large bowl until whites and yolks are mixed.

Pour the mixture into the pan.

Leave to cook and use a spatula to gently peel away from the edges of the pan to ensure it doesn't stick.

Allow to cook through for a few minutes so the egg has set (slightly runny on top).

Spread the tomato puree over the omelette base as if it was a pizza.

Tear up the spinach leaves and sprinkle on the cooked omelette. Add the goat's cheese, red pepper, herbs and seasoning and gently fold the omelette in half. Seal the edges by pressing down with the spatula.

Allow to cook for a further 5–6 minutes until the spinach has wilted, the cheese has melted a little and the filling is hot.

Best served hot from the pan but like pizza this is just as tasty served cold.



PROTEIN PANCAKES

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 banana, mashed
 1–2 eggs
 20–25g vanilla protein powder
 (or substitute 2 more eggs)
 1 tbsp. ground flaxseed
 ¼ tsp. vanilla extract
 Oil for cooking

To Serve

½ tsp. cinnamon
 Handful fresh berries

METHOD

Mix the ingredients thoroughly to make a batter (use a smoothie blender to save time).

Heat a little oil in a non-stick frying pan.

Pour the batter into the pan and cook over medium-low heat for 2–3 minutes on one side until browned.

Flip over and cook for a further 3 minutes.

You may wish to make 2–3 smaller pancakes as these will be easier to flip.

Top with fresh berries and cinnamon.



PROTEIN POWER PORRIDGE

PREPARATION TIME*: 5 minutes

COOKING TIME: 5–15 minutes

SERVES: 1

*Soak overnight if possible

INGREDIENTS

50–80g rolled oats or quinoa, buckwheat flakes, rice flakes

Water, coconut water or unsweetened almond or rice milk
as desired, roughly 350–450ml

20–25g protein powder

METHOD

Place the ingredients in a bowl to soak overnight (this aids digestibility).

Place the grains and water in a saucepan over a low heat, add the fruit, seeds and spices necessary for your chosen flavour (see page 33) and follow the cooking instructions until the porridge reaches your desired consistency.

Add more water or milk if the consistency is too thick.

Remove from the heat, place in a serving bowl and stir in your chosen protein powder.

Add a little more warm water if needed.



PROTEIN POWER PORRIDGE FLAVOURS



Very Berry

Add:
 2 heaped tbsp. berries
 20–25g vanilla protein powder
 ½ tsp. cinnamon
 Grated nutmeg

Cocoa Chia Sea Salt

Add:
 1 heaped tsp. chia seeds
 20–25g chocolate protein powder
 Sprinkle of sea salt

These require protein powders, see page 11 for recommended brands or substitute 2 eggs or 100g low fat Greek yogurt

Pear and Pecan

Add:
 1 small pear, chopped
 20–25g vanilla protein powder
 5 pecans
 ½ tsp. cinnamon
 Grated nutmeg

Apricot and Cardamom

Add:
 2–3 dried apricots, chopped
 ¼ tsp. ground cardamom
 1 tsp. vanilla extract
 1 tbsp. pumpkin seeds
 ½ tsp. cinnamon
 20–25g vanilla protein powder

Apple and Cinnamon

Add:
 1 tbsp. sultanas
 1 small apple, grated
 ½ tsp. cinnamon
 Grated nutmeg
 20–25g vanilla protein powder



Sweeteners

Ideally try and minimise added sweeteners and simply use a little fruit. Stevia liquid drops, xylitol powder or some raw honey are better choices.

STEWED FRUIT WITH YOGURT AND SPICES

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 2

INGREDIENTS

2 apples or pears, cored and chopped

200ml water

½ tsp. cinnamon

½ tsp. ginger

Pinch grated nutmeg

2 tbsp. sultanas

2 tbsp. walnuts

400g natural yogurt, to serve

METHOD

Place the apples or pears in a saucepan with the water, cinnamon, ginger, nutmeg and sultanas.

Stir over a medium-low heat, until the they have softened and almost formed a purée; this should take around about 10 minutes, depending on how ripe the fruit is. Add a little water during cooking if mixture looks too dry.

Place the yogurt in a bowl. Top with the stewed apple and sprinkle over the walnuts.



SUNFLOWER SEED, HONEY AND OAT LOAF

PREPARATION TIME: 10 minutes

COOKING TIME: 30–40 minutes

MAKES: 12–14 slices



INGREDIENTS

150g ground flaxseed
 100g rolled oats (plus a little to sprinkle on top)
 2 tbsp. chia seeds
 3 tbsp. sunflower seeds
 ½ tsp. salt
 2 tsp. baking powder
 1–2 tbsp. honey
 4 eggs
 180ml almond, oat or rice milk

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line loaf tin with greaseproof paper.

Place the ground flaxseeds, oats, chia seeds, sunflower seeds, salt and baking powder in a large bowl and toss to mix the ingredients.

Place the milk, eggs and honey in a separate bowl and beat with a fork until combined. Add to the dry mixture and mix together.

Place the batter into the loaf tin, sprinkle additional sunflower seeds and oats.

Place in the oven to cook for 30–40 minutes, insert a knife into the centre and check it comes out clean.

VEGGIE OMELETTE

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 tbsp. olive oil

1 tomato, chopped

2 spring onions, chopped

½ red pepper, chopped

1 handful spinach or rocket

3–4 eggs

Salt and pepper

METHOD

Warm the olive oil in a pan on a low heat. Sauté the tomatoes, spring onion and peppers for 3–4 minutes. Add the spinach and allow to wilt down.

Beat the eggs in a bowl and add to the pan, move the pan around to ensure the egg covers the base of the pan. Allow to cook through and either fold over or serve as an open omelette.

Season with a little salt and pepper and serve.

Tip:
You can finish cooking the omlette under the grill if desired.



Optional extras

Fresh chives finely chopped, handful of mushrooms, handful of shredded kale, any leftover cooked vegetables

YOGURT AND HOMEMADE NUTTY CEREAL

PREPARATION TIME: 5 minutes

COOKING TIME: 5–10 minutes

SERVES: 1



INGREDIENTS

- 150–200g natural yogurt
- 2 tbsp. toasted coconut flakes
- 1 tsp. pumpkin seeds
- 1 tbsp. almond flakes
- 1 tbsp. walnuts
- 1 tbsp. sultanas
- Sprinkle of cinnamon
- Pinch grated nutmeg

METHOD

Combine the coconut, pumpkin seeds, almonds, walnuts and sultanas in a small bowl.

Place the yogurt in a serving bowl, top with nut mixture, sprinkle with nutmeg and cinnamon and serve.



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SMOOTHIES
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APPLE PIE SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES:1



INGREDIENTS

- 100ml water
- 170g fat free Greek yogurt
- 30g oats
- 1 tbsp. walnuts
- ½ tsp cinnamon
- 1 tsp vanilla
- 1 apple, quartered (cored)
- Honey or stevia to sweeten if desired

METHOD

Place all the ingredients in blender and blitz into a creamy smoothie.

BERRY BAKEWELL PROTEIN SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES: 1



INGREDIENTS

150ml almond milk
50ml water
100–120g frozen cherries
1 tsp. almond extract
1 tbsp. whole almonds
25g vanilla protein powder

METHOD

Place all the ingredients in a blender and blitz to combine, add more almond milk or water to reach desired consistency.

BERRY TOFU SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES:1



INGREDIENTS

- 200g silken tofu (*this is a soft form of tofu, if using firm tofu add a little extra water or milk)
- 1 tsp cocoa
- 1 tsp vanilla extract
- 150g frozen berries (Tip: allow to defrost overnight and add with juices)
- 100ml almond milk
- Water to taste

METHOD

Place all the ingredients in blender and blitz into a creamy smoothie.

*sweeten with 1 tsp. honey, stevia or 1 dried date if desired



NOJITO SMOOTHIE

PREPARATION TIME: 15 minutes

SERVES: 1

INGREDIENTS

20-25g vanilla protein powder

½ avocado

Juice of ½ lime

Chunk of ginger, peeled

1 sprig mint

¼ cucumber

Water or coconut water

METHOD

Place all the ingredients in a blender, add desired amount of water or unsweetened milk and blend to make your perfect smoothie.

SMOOTHIES

PREPARATION TIME: 5 minutes
SERVES: 1

SALAD SMOOTHIE

INGREDIENTS

Handful lettuce leaves	1 stalk celery
Handful spinach	Juice of ½ lime
½ avocado	20–25g vanilla protein powder
1 pear	Water as desired



GREAT CHOC SMOOTHIE

INGREDIENTS

Handful lettuce leaves
20–25g chocolate protein powder
½ avocado
1 small pear
Water as desired

POWER SMOOTHIE

INGREDIENTS

20–25g vanilla protein powder
Juice of 1/2 a lemon
Handful kale
Handful watercress
1 kiwi, peeled
Handful of mixed berries
Water as desired

METHOD

Place all the ingredients in a blender, add desired amount of water or unsweetened milk and blend to make your perfect smoothie.



TURMERIC AND BLACK PEPPER SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

20g vanilla protein powder
Dice size chunk root ginger
Small chunk turmeric root, peeled or
1 tsp. ground turmeric
Juice of 1 lemon
1 banana
125ml almond milk
Water to reach desired consistency
2–3 black peppercorns

METHOD

Add all the ingredients to a blender and combine into a smoothie, add extra water or sweetener if needed to reach desired consistency and taste.

*sweeten with 1 tsp. honey, stevia or 1 dried date if desired





LUNCH & LIGHT BITES

AVOCADO, PEA AND MINT QUINOA

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 1

INGREDIENTS

50g quinoa

100ml water or stock/broth

½ avocado, chopped

2 spring onions, chopped

Handful fresh mint leaves torn

2–3 heaped tbsp. green peas, cooked

Juice of half a lemon

Large handful rocket leaves

METHOD

Rinse the quinoa, place in a saucepan and top with the water or broth. Bring to the boil and simmer for 15 minutes.

Once cooked, add the avocado, onions, mint and peas.

Serve on a bed of rocket with fresh lemon juice.



CHEESE, TOMATO AND BASIL QUICHE

PREPARATION TIME: 15 minutes

COOKING TIME: 30–35 minutes

SERVES: 8–10

INGREDIENTS

- 1 red pepper, diced
- 3 spring onions, chopped
- 150g cherry tomatoes, sliced (substitute sundried tomatoes if desired)
- 1 heaped tsp. dried herbs
- Handful of fresh basil leaves
- 6 eggs
- 300g fat free, natural cottage cheese
- 1 heaped tsp. garlic powder
- Salt & freshly ground black pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the eggs, cottage cheese, fresh basil and garlic powder in a blender and blitz to combine. Season with salt and pepper and set aside.

Grease a large oven-proof flan dish with olive oil or line with greaseproof paper. Place the red pepper, spring onions and tomatoes vegetables in the dish and pour the cottage cheese mixture over the top.

Place in the oven to bake for 35–40 minutes until golden and cooked through.



GOAT'S CHEESE AND BEETROOT SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1



INGREDIENTS

- 2 slices goats cheese
- 2 handfuls mixed leaves
- 5 walnuts
- 2 beetroots, sliced
- ½ avocado, sliced
- 1 tsp. mixed herbs
- Salt and pepper
- Balsamic vinegar to dress

METHOD

Preheat the grill or oven and place the slices of goat's cheese in an ovenproof dish.

Place the salad leaves in a bowl and top with walnuts, beetroot, avocado and mixed herbs.

Once the cheese is starting to melt and brown, remove from the heat. Place on top of the salad.

Season to taste and drizzle with balsamic vinegar.

HOW TO PIMP A SALAD

Green leafy vegetables are a rich source of vitamins and antioxidants. It helps to brighten up your bowl of garden with some tasty salad toppers following our guide below:

Choose a base

Where possible purchase organic and local; some of the most nutritious leaves include:

- Kale
- Chard
- Lamb's lettuce
- Mustard leaves
- Purslane
- Radicchio
- Red lettuce
- Rocket
- Romaine
- Spinach
- Watercress



HOW TO PIMP A SALAD



Choose a taste

- Sunflower or pumpkin seeds
- Walnuts
- Blanched hazelnuts
- Toasted cashews
- Seaweed sprinkles
- Avocado
- Sundried tomatoes
- Grated carrot
- Sliced beetroot
- Olives
- Celtic sea salt or Himalayan pink salt
- Freshly ground black pepper
- Jalapeños
- Fresh mint leaves
- Fresh coriander
- Fresh basil
- Strawberries
- Eggs: boiled, poached, fried
- Capers
- Bacon
- Parma ham
- Roasted cherry tomatoes
- Julienned courgettes
- Fresh peas
- Butternut squash
- Toasted pine nuts
- Dried mixed herbs
- Crushed chillies

Choose a dressing

- Freshly squeezed lemon or lime juice
- Apple cider vinegar
- Balsamic vinegar
- Extra virgin olive oil
- Avocado oil

LETTUCE WRAPS

INGREDIENTS (You Choose)

- Chicken, spring onion, sweetcorn and watercress
- Salmon, avocado and tomatoes
- Feta, sliced peppers, olives and rocket
- Ham, boiled eggs and spinach
- Beef, sliced cucumber, sliced carrots and spring onion
- Salmon, cottage cheese and chives
- Chicken, bacon, avocado and rocket
- Tuna, boiled egg, spinach and mashed avocado
- Feta, beetroot and rocket

METHOD

Simply add your favourite combination to a large lettuce leaf, wrap it and munch!



PREPARATION TIME: 15 minutes

COOKING TIME: 40 minutes

SERVES: 4–6

INGREDIENTS

10 eggs	1 tsp. dried basil
40g ground flaxseed	1 tsp. rosemary
1 tsp. baking powder	2 medium carrots, grated
40g coconut flour	1 tbsp. pumpkin seeds
1 tbsp. dried onion flakes	1 tbsp. sesame seeds
1 tsp. garlic powder	Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line a large loaf tin with baking paper.

In a food processor beat the eggs until fluffy (around 2 minutes).

Add the flaxseeds, coconut flour, baking powder, onion flakes, garlic, basil, rosemary and seasoning.

Mix again until the ingredients are thoroughly combined.

Transfer into a mixing bowl and stir in the grated carrot and seeds (keep some seeds aside for the topping).

Transfer the mixture into the prepared loaf tin and sprinkle with a few extra seeds.

Place in the oven for 40 minutes or until golden brown on top. Insert a skewer in the middle to check it's cooked through – it should come out dry.

SAVOURY SEED LOAF



SUNDRIED TOMATO AND OLIVE PROTEIN LOAF

PREPARATION TIME: 5 minutes

COOKING TIME: 35 minutes

SERVES: 6-8

INGREDIENTS

3 eggs
30g sundried tomatoes
100g oatbran
1 tsp baking powder
50g unflavoured pea protein
½ -1 tsp garlic powder
1 tbsp. Italian mixed herbs
Salt and pepper
200ml almond milk
3 tbsp. olives sliced
1tsp. dried rosemary (optional)

METHOD

Pre heat the oven to 180°C/350°F/gas mark 4

Line a loaf tin with greaseproof paper and set aside.

Place all the ingredients, except the olives, in a food processor and combine into a batter.

Stir in the olives and transfer the mixture to the loaf tin. Sprinkle with dried rosemary and bake in the oven for 35 minutes or until cooked through. Serve warm or cool.



SWEET POTATO SALAD

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 4

INGREDIENTS

500g sweet potatoes
 4 boiled eggs, sliced
 2 spring onions, thinly sliced
 60g wild rocket
 1 avocado, peeled and chopped
 8 cherry tomatoes, halved

Dressing

1 heaped tbsp. wholegrain mustard
 40ml apple cider vinegar
 100ml olive oil
 Salt and pepper to taste

METHOD

Peel and chop the sweet potatoes and boil or steam for 25 minutes until soft.

Allow the potatoes to cool and then place in a bowl, mix with the sliced eggs, onions, avocado, rocket and tomatoes.

Prepare the dressing by beating the mustard with the vinegar and oil. Taste, then add the salt and pepper if needed. Pour the dressing over the sweet potato salad and toss all the ingredients together.



VEGGIE LOAF

PREPARATION TIME: 15 minutes

COOKING TIME: 60 minutes

SERVES: 6-7

INGREDIENTS

2 x 380g cartons cooked chickpeas, drained and rinsed (c.460g drained weight)	2 tbsp. soy sauce or tamari
½ onion, finely diced	2 tbsp. olive oil
2 carrots, grated	2 tbsp. flaxseed
2 generous tsp. garlic powder	2 tbsp. tomato puree
180g small porridge oats	1 tsp. smoked paprika
2 tbsp worcestershire sauce (optional)	¼ tsp. black pepper
	1 tsp. salt

METHOD

Pre heat the oven to 180°C/350°F/gas mark 4

Line a loaf tin with greaseproof paper and set aside.

In a large bowl mash the chickpeas but leave a few chunky, whole chickpeas. You can do this in a processor but be careful not to over blend into a puree, there should still be some texture to the mixture with some slightly crushed and whole chickpeas.

Stir in the carrot, onion and garlic powder and combine thoroughly.

In a food processor blitz the oats and flaxseed into a flour. Stir into the chickpea mixture.

In a small bowl combine the worcestershire sauce, tamari, olive oil, tomato puree, smoked paprika, salt and black pepper. Add to the chickpea mixture and stir to combine.



Place the mixture in the prepared loaf tin cover with tin foil and bake in the oven for 60 minutes until cooked through. Test the loaf by cutting a small slice and ensuring it's cooked in the middle.

If the loaf is too moist cook for a little longer and leave in the oven after cooking (once the oven is off) to continue cooking on a lower temperature. This will remove the moisture and make it easier to slice.

Once cooked allow to cool a little, slice and serve.



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SOUPS
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5-A-DAY SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 6-8

INGREDIENTS

2 tbsp. olive oil	5 handfuls green leafy vegetables, roughly chopped (kale, spinach, kohlrabi, chard)
1 onion, peeled and chopped	500ml homemade stock
3 garlic cloves, crushed	2 tbsp. tomato puree
1 tsp. ground ginger	100ml coconut milk
1 tsp. cumin	Salt and pepper
½ tsp. cinnamon	
Pinch of chilli powder	
6-7 carrots, chopped	

METHOD

Warm the olive oil in a large saucepan on a medium heat and add the onion, garlic, spices and salt and stir-fry for 4-5 minutes.

Once the onions start to soften add the carrots, green vegetables, stock, tomato puree, coconut milk and stir through.

Bring to the boil and then simmer for about 25 minutes.

Once cooked use a hand blender to blitz into a soup and then add boiling water until the soup reaches your desired consistency.

Top with freshly ground black pepper and enjoy.



CARROT AND TURMERIC SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 8



Serving suggestion...

Serve with cooked poultry, fish or prawns

INGREDIENTS

Olive oil, for cooking	200ml passata
1 tbsp. cumin seeds	1kg carrots, chopped
3 cloves garlic, peeled and chopped	1 tsp. ground turmeric
1 tsp. paprika	250–500ml water, as needed
1 tsp. salt	Freshly ground black pepper
500ml chicken stock	

METHOD

Add the olive oil to a large saucepan on a low heat and add the cumin seeds, garlic, paprika and salt, and sauté for 2–3 minutes.

Add the chicken stock, passata, carrots and turmeric, and stir through.

Bring to the boil and then simmer for about 25–30 minutes until the carrots are soft.

Once cooked use a hand blender to purée, add a little boiling water until the soup reaches your desired consistency.

Top with freshly ground black pepper and enjoy.

CREAMY COURGETTE AND SPINACH SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 3-4



INGREDIENTS

- 1 tbsp. olive oil
- 3 garlic cloves, peeled and finely chopped
- 2 leeks, sliced
- 2 courgettes, sliced
- 500ml vegetable stock or water
- 100g spinach
- Almond milk as desired
- Salt to taste

METHOD

Heat the olive oil in a large saucepan and add the garlic and leeks. Stir fry for 5 minutes before adding the courgettes and stock/water.

Cook for 15-20 minutes until the vegetables soften, add extra water if needed to keep the vegetables covered.

Add the spinach and allow to wilt down for a few minutes.

Remove from the heat, allow to cool a little before blending with a hand blender. Add the almond milk until the soup reaches your preferred consistency.

Season with salt to you taste and serve.

HULK SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 8

INGREDIENTS

2 tbsp. olive oil	1 whole head of broccoli, chopped
4 cloves garlic, finely chopped	250g green beans, chopped
2 dice-sized cubes of fresh ginger, peeled and finely chopped	1 handful fresh mint
1 onion, peeled and chopped	800ml bone broth/stock or vegetable stock
4 leeks, chopped	Salt and pepper
600g frozen peas	1 large bag of spinach
4 courgettes, chopped	2 heaped tbsp. green pesto

METHOD

Heat the olive oil in a large saucepan and then add the garlic, ginger, onion and leeks, and cook for a couple of minutes, stirring occasionally.

Add the peas, courgettes, broccoli, green beans and mint and stir a little before adding the broth/stock, salt and pepper.

Bring to the boil and leave to simmer for 25 minutes or until the vegetables are cooked, stirring through occasionally.

The broth/stock should just cover all the vegetables.

Add the bag of spinach and stir in to wilt down before using a hand blender or food processor to mix the ingredients together. Taste and add more salt and pepper if required.

If too thick, add some more stock or water.

Stir in the pesto, taste again and serve.



MAXISTRONE SOUP

PREPARATION TIME: 15 minutes

COOKING TIME: 30 minutes

SERVES: 4-5



INGREDIENTS

- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 onion, diced
- 3 stalks celery, sliced
- 4 carrots, diced
- 1 red pepper, chopped
- 1 courgette, diced
- 1 tsp. salt
- ½ tsp. pepper
- 1 heaped tsp. mixed herbs
- 390g Italian chopped tomatoes
- 450ml beef stock (or substitute chicken or vegetable stock)

METHOD

Heat the olive oil in a saucepan.

Add the garlic, onions, celery, carrots, red pepper and sauté until the vegetables start to soften, around 10 minutes.

Pour over the chopped tomatoes and stock; add the herbs, salt and black pepper.

Finally stir in the chopped courgette.

Bring to the boil and then turn down to simmer for 20 minutes.

PEA AND MINT SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 4



INGREDIENTS

1 tbsp. olive oil
4 shallots, finely chopped
2 cloves garlic, finely chopped
2 tbsp. grated fresh ginger
500g frozen green peas
Large bunch of fresh mint, finely chopped
Salt and pepper

METHOD

Add the olive oil to a frying pan on a medium heat and sauté the shallots, garlic and ginger for 5 minutes.

Add the frozen peas and stir for 1 minute.

Add enough water to cover the peas and cook over a medium heat for 10 minutes.

Remove from the heat and add the fresh mint.

Place in a blender/food processor (or in a bowl and use a hand blender) to blend until the mixture reaches the consistency of soup.

If the mixture is too thick, gently add a little more boiling water.

SPICY BUTTER BEAN SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

SERVES: 6–8



INGREDIENTS

2 tbsp. olive oil
 1 onion, peeled and chopped
 4 garlic cloves, peeled and finely chopped
 1-inch cube ginger, peeled and finely chopped
 750g carrots, chopped small
 1 tbsp. medium curry powder
 1 tsp. turmeric powder
 Salt and freshly ground black pepper
 400g tin cooked butter beans, rinsed and drained
 1 litre vegetable or chicken stock
 250–350ml almond or coconut milk

METHOD

Heat the olive oil on a medium heat in a large saucepan or casserole dish and add the onion, garlic, ginger and carrots and cook for 10 minutes, stirring occasionally.

Add the curry powder, turmeric, salt and pepper and cook for 5 minutes stirring occasionally.

Add the butter beans and the stock, stir everything together and then simmer for 30 minutes stirring occasionally.

Use a stick blender to blitz into a soup then stir in the milk until the soup reaches your preferred consistency and season to taste.

SQUASH, GINGER AND LEEK SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

SERVES: 6

INGREDIENTS

1 tbsp. olive oil

1 medium butternut squash, deseeded and chopped

2 large leeks, chopped

3 cloves of garlic peeled and chopped

1 diced size chunks ginger, peeled and finely chopped

1 litre of chicken or vegetable stock

½–1 tsp. of chilli powder

Salt and pepper to taste

METHOD

Warm the olive oil in a large saucepan on a medium heat and add the squash, leeks, garlic, ginger, salt and pepper and stir.

Cook for around 10 minutes stirring occasionally until the vegetables soften nicely.

Add the stock and chilli powder and stir before simmering for 20 minutes or until the squash is cooked through.

Use a stick blender to blitz until the soup reaches the desired consistency. Add a little more water or chicken stock if the consistency is too thick.



DINNERS



AUBERGINE AND CHICKPEA CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 4

INGREDIENTS

2 large bags spinach
 2 tbsp. olive oil
 3 cloves garlic, peeled and chopped
 1 dice-sized cube of ginger, peeled and finely chopped
 2 red onion, peeled and sliced
 250g chickpeas, drained and rinsed
 2-3 hot green chillies, finely chopped including the seeds

Large handful of kale, roughly chopped
 1 tbsp. cumin powder
 1 tbsp. coriander powder
 1 large aubergine, cut into medium-sized chunks
 1 x 400g tin chopped tomatoes
 Salt and pepper

METHOD

Steam or boil the spinach for a couple of minutes, then run it under cool water before squeezing it gently to remove excess water. Place it in a food processor and blitz into a slightly chunky purée. Set aside.

Heat half the olive oil in a saucepan on a medium heat before adding the garlic, ginger, onions, chickpeas, chillies, kale, cumin and coriander and stir. Cook for around 5 minutes stirring occasionally.

Add the remaining olive oil and the aubergine and mix all the ingredients together. Cook for about 8-10 minutes.

Add the chopped tomatoes, salt and pepper and stir through.

Bring to a simmer, cover and cook for 15 minutes or until the aubergine is soft.

Stir in the spinach purée just before serving and enjoy.



Serving suggestion...
 Serve with steamed broccoli and green beans

BAKED BEAN STEW

PREPARATION TIME: 10 minutes

COOKING TIME: 45–50 minutes

SERVES: 4–6

INGREDIENTS

1 tbsp. olive oil
 2 leeks, chopped
 1 onion, chopped
 3 cloves garlic chopped
 2 tsp. sweet paprika
 Salt to taste (½ -1 tsp.)
 800g butternut squash, chopped
 350g passata
 500ml chicken or vegetable stock
 1 tbsp. tamari sauce
 Dash of Worcestershire sauce
 400g tinned cannellini beans, rinsed
 150g spinach

METHOD

Warm the olive oil in a large saucepan. Add the leeks, onion and garlic and stir-fry for 5 minutes. Add the salt and paprika and stir again.

Add the remaining ingredients except the spinach and stir. Bring to the boil and then turn down to simmer on a low heat for 40 minutes.

Just before serving stir in the spinach and allow to wilt.

This is great served with pan-fried fish, sausages or on it's own.



BRILLIANT BEETROOT BURGER

PREPARATION TIME: 30–40 minutes (includes refrigeration time)

COOKING TIME: 15–20 minutes

MAKES: 4 patties



INGREDIENTS

3 tbsp olive oil
 2 raw beetroots, peeled and grated
 400g tin chickpeas, rinsed and drained
 1 red onion, peeled and finely chopped
 1 tsp. garlic powder
 1 tsp. ground cumin
 1 tsp. ground coriander
 1 tsp. smoked paprika (optional)

½ tsp. chilli flakes
 50g oat bran
 1 tbsp. tahini
 Salt and pepper

To Serve (Optional)
 Burger bun or tofu salad

METHOD

Heat 1 tbsp. of olive oil in a pan on a medium heat and add the beetroot, chickpeas and onion, season and stir. Cook for around 5–10 minutes until the onions start to soften, stirring occasionally. Drain off any excess fluid.

Add the beetroot, chickpeas and onions to a food processor along with the garlic powder, cumin, coriander, smoked paprika, chilli flakes, oat bran, tahini and some more salt and pepper and then blitz until combined. Retain a little texture to the mixture so you can shape into burger patties.

Take handfuls of mixture and make 4 patties, cover and refrigerate for 20–30 minutes.

Heat the remaining olive oil in a pan on a medium heat and add the patties, cook for 3–4 minutes on each side until golden and warmed through.

Serve in a bun or with a tofu salad.

BROCCOLI, PEA AND PARMESAN FRITTATA

PREPARATION TIME: 10 minutes

COOKING TIME: 12 minutes

SERVES: 4–6

INGREDIENTS

1–2 tbsp. olive oil

200g frozen peas (rinse in hot water to defrost)

250g broccoli florets, cooked

Salt and pepper

1 tsp. garlic powder

12 eggs, beaten

Parmesan shavings to taste (roughly 10–20g)

METHOD

Preheat the grill to a high heat.

Heat a little olive oil in non-stick frying pan on a medium heat.

Add the peas and broccoli to pan and stir fry for 1 minute before spreading out across the pan.

Season the eggs with salt, pepper and garlic powder and pour into the pan.

Use a spatula to ensure the egg mixture is spread evenly and covers the bottom of the pan.

Allow the frittata to cook in the pan for 5–6 minutes.

Top with the parmesan shavings and place under the grill for a further 3–5 minutes or until cooked through and golden on top.

Once cooked allow to cool before slicing and serving.



BUTTERNUT AND BLACK BEAN CASSEROLE

PREPARATION TIME: 15 minutes

COOKING TIME: 35–40 minutes

SERVES: 6



INGREDIENTS

½ butternut squash, peeled
and chopped (around 300g)
200g black beans (drained
and rinsed)
100g green beans
1 onion, peeled and finely chopped
2 cloves garlic, peeled and chopped

1 tsp. chilli powder
1 tsp. cumin powder
Juice of ½ lemon
500g passata
Salt and pepper
1 tbsp. olive oil
Handful fresh coriander

METHOD

Warm the olive oil in a large saucepan on a medium heat.

Add the onions and garlic and stir-fry for 5 minutes.

Pour in the passata and lemon juice and combine the ingredients well. Add chilli, cumin and coriander and stir again.

Finally add the green beans, black beans and butternut squash.

Cover with a little more passata or water if needed and simmer on a medium heat for 30 minutes or until the squash is soft.

CARIBBEAN SWEET POTATO & BLACK BEAN CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

SERVES: 4

INGREDIENTS

- 2 tbsp. olive oil
- 1 onion, peeled and sliced
- 25g root ginger, peeled and finely chopped
- 2 garlic cloves, peeled and finely chopped
- 600g sweet potatoes chopped
- 2 tsp. jerk seasoning (we used Levi Roots)
- 2 tsp. dried thyme
- Salt and pepper
- 400g chopped tomatoes
- 500ml vegetable or chicken stock
- 380g carton (230g drained weight) black beans rinsed and drained
- 1 red pepper, deseeded and chopped
- Sachet quick cook rice (optional)
- Fresh coriander to serve (optional)

METHOD

Heat the olive oil in a large pan or stew pan on a medium heat and add the onion, ginger, garlic and sweet potatoes. Stir and cook for around 5 minutes stirring occasionally until the onion softens.

Add the jerk seasoning, thyme, salt and pepper, stir and cook for a couple of minutes stirring occasionally before adding the chopped tomatoes and stock and stirring again, cover and simmer 30 minutes, stirring occasionally.

Add the black beans, pepper and stir through, cover and cook for a further 10 minutes or until the sweet potato is cooked, stir occasionally.

Top with fresh coriander and serve with rice.



CARROT AND BUTTERBEAN PATTIES

PREPARATION TIME: 15 minutes **Allow to set for 3–4 hours

COOKING TIME: 10 minutes

MAKES: 8–10

INGREDIENTS

400g tin butter beans (drained)	Handful chives, chopped
Juice and zest of 1 lemon	2 eggs, beaten
2 tsp. garlic powder	½–1 tsp. salt
1 heaped tsp. onion powder/ granules	800g carrots, quartered
1 tbsp. smoked paprika	60g oatbran (or substitute ground almonds or rice flour)

METHOD

Blitz the butter beans, lemon zest and juice, garlic powder, onion granules, smoked paprika, chives, salt and eggs in a blender into a paste. Add the carrot and blitz until the carrot is chopped into small pieces and combined with the other the ingredients, be careful not to over blend or the mixture will become too sloppy.

Stir in the oat bran and use to bind the ingredients together.

Line a tray or plate with a sheet of greaseproof paper.

With wet hands take handfuls of the mixture and shape into patties; if the mixture isn't binding add a little more oat bran.

Put the patties on the prepared greaseproof paper and place in the fridge.

Cover and chill for 3–4 hours.

When ready to cook, heat a little olive oil in a non-stick frying pan and fry the patties for 4–5 minutes on each side.



Tip: Keep these small and once in the pan use the spatula to gently press into a thin pattie to allow them to warm through quicker without burning on the outside.

CARROT PIZZA

PREPARATION TIME: 10 minutes
 COOKING TIME: 35–45 minutes
 SERVES: 4–5

INGREDIENTS

The Base

5 eggs
 ½ tsp. baking powder
 25g coconut flour
 20g ground flaxseed
 1 large carrot, grated
 1 tsp. garlic powder
 ½ onion, peeled and finely chopped
 ½ tsp. smoked paprika
 ½ tsp. dried rosemary
 1 tbsp. olive oil

The Topping

2–3 tbsp. tomato purée
 40g grated cheese or
 substitute olive oil
 Handful chopped olives
 Salt and pepper
 Fresh basil

METHOD

Preheat the oven to 180°C/350°F/gas mark 4 and line a round cake tin with greaseproof paper or a little butter/coconut oil.

Beat the eggs in a food processor until pale.

Stir in the baking powder, coconut flour, flaxseed, carrot, garlic, onion, smoked paprika and rosemary.

Pour the mixture into the prepared cake tin, drizzle with olive oil and bake in the oven for 20–25 minutes until golden and cooked in the middle. The base should be solid and easy to turn over, bake a little longer if this isn't the case. If the base is cooked through use a spatula to turn over and cook the under side for a further 10 minutes.

Remove from the oven, spread the tomato puree over the base and top with cheese (or extra olive oil), olives, salt, pepper and fresh basil.

Place back in the oven for a further 5–8 minutes to melt the cheese.



DELISH RED LENTIL DHAL

PREPARATION TIME: 10 minutes

COOKING TIME: 35–40 minutes

SERVES: 4–6

INGREDIENTS

- | | |
|---|--------------------------------------|
| 3 tbsp. olive oil | 1 tsp. garam masala |
| 1 onion, peeled and chopped | 1 tsp. coriander |
| 3 cloves garlic, peeled and finely chopped | 1 tsp. cinnamon |
| 1 dice sized piece of fresh ginger, peeled and finely chopped | Salt and pepper |
| 1 tsp. mustard powder | 400g tin chopped tomatoes |
| 1 tsp. turmeric | 500ml vegetable or chicken stock |
| 1 tsp. chilli powder | 400ml water |
| 1 tsp. cumin | 300g red lentils, rinsed and drained |
| | Juice of 1 lemon |
| | 2 large handfuls spinach |

METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the onion, garlic, ginger and cooking for a few minutes until the onions begin to soften.

Add all the spices and seasoning, stir and cook for a few more minutes. Add a little water if needed.

Add the chopped tomatoes, stock, water, lentils and lemon juice, stir before bringing to the boil and simmering for 25–30 minutes stirring occasionally.

Add a little more water or stock if needed.

Finally add the spinach, allow to wilt before stirring into the dahl and serve.



FALAFEL BURGERS WITH FRESH MINT DIP

PREPARATION TIME: 15 minutes

COOKING TIME: 12 minutes

SERVES: 2

(allow 30 minutes to chill falafel mixture if possible)

INGREDIENTS

½ red onion
 1/3 green chilli, deseeded
 1 clove garlic
 1 handful mint leaves
 250g tinned chickpeas, rinsed
 ½ tsp. ground cumin
 1 heaped tbsp. ground almonds
 or rice flour
 Juice of 1 lemon and a little zest

2–3 tbsp. sesame seeds
 1 tbsp. olive oil
 Salt and pepper

Fresh Mint Dip

4 tbsp. natural yogurt
 1 handful of fresh mint
 Juice of half a lemon
 Salt and pepper

METHOD

Place the onion, chilli, garlic and mint into a food processor and pulse to chop the ingredients.

Add the chickpeas, cumin, almonds (or flour), lemon zest and juice and season generously with salt and pepper. Blend into a fine paste.

Place the falafel mixture in a bowl in the fridge for 30 minutes (optional).

Prepare the yogurt dip by placing the lemon juice and mint in a blender to chop finely.

Place the yogurt in a bowl and stir in the mint mixture, season to taste and set aside.

Divide the falafel mixture into four burger patties.

Place the sesame seeds on a plate and roll each burger in the seeds to coat all the sides.

Heat a little olive oil in a non stick pan and carefully place each falafel in the pan. Cook each burger for 5–6 minutes on each side until golden. Serve immediately with the fresh mint yogurt dip.



MOROCCAN QUINOA

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 1

INGREDIENTS

50g quinoa
 100ml water or stock/broth
 2 eggs
 ½ tbsp. olive oil
 2 tbsp. chickpeas, from a tin
 1 tbsp. pumpkin seeds
 ½ tsp. ground cumin
 1 clove garlic
 Handful cherry tomatoes, halved

METHOD

Rinse the quinoa, place in a saucepan and top with the water or broth. Bring to the boil and simmer for 15 minutes.

Boil up two eggs.

In another pan warm the olive oil and add the chickpeas, pumpkin seeds, cumin and garlic. Stir-fry for 3–4 minutes before adding the cherry tomatoes and cook for a further 3–4 minutes

Mix the chickpeas with the quinoa and top with the boiled eggs.



MOROCCAN VEGETABLE TAGINE

PREPARATION TIME: 15 minutes

COOKING TIME: 30–40 minutes

SERVES: 4–6



INGREDIENTS

500g butternut squash, peeled and chopped
 500ml chicken or vegetables stock
 1 heaped tbsp. tomato puree
 2 stalks celery, sliced
 3 cloves garlic, peeled and finely chopped
 1 tsp. cumin
 1 tsp. ground coriander
 1 tsp. salt
 3 dried, unsulphured apricots, chopped
 1 large onion, peeled and chopped
 1 tsp. cinnamon
 ¼ tsp. allspice
 Pinch of cayenne pepper
 250g cooked chickpeas, drained and rinsed
 Fresh coriander to serve

METHOD

Place all the ingredients in a large casserole dish, stir to combine. The vegetables should be covered by the stock if not add a little more stock or water.

Bring to the boil and then turn down to simmer for 30–40 minutes, stirring occasionally, until the vegetables are soft.

Add a little more seasoning if needed and serve with a generous handful of fresh coriander.

PREPARATION TIME: 10 minutes
 COOKING TIME: 15 minutes
 SERVES: 4

INGREDIENTS

1 tbsp. cashew nuts	1 onion, peeled and sliced
1 tbsp. peanuts	1 red pepper, sliced
2 tbsp. toasted sesame seed oil, for cooking	1 head broccoli (halve larger florets)
200g firm tofu, cubed	100g baby sweetcorn, halved lengthways
1 tbsp. honey	100g mangetout
6cm fresh ginger, peeled and chopped	Juice of 1 lime
2-3 cloves garlic, peeled and finely chopped	Salt and freshly ground black pepper
2 fresh red chillies, sliced or 2 tsp. chilli flakes	1-2tbsp. tamari sauce

METHOD

Place a large frying pan or wok on a medium heat and add the nuts. Dry fry for around a minute, tossing occasionally, once the nuts begin to turn golden, remove from the pan and set aside.

Pat the tofu with some kitchen paper to remove any excess moisture and season with salt and pepper. Heat 1 tbsp. of toasted sesame oil in a frying pan or wok on a medium-high heat and fry the tofu until slightly crispy and golden all over, remove from the pan and set aside with the toasted nuts.

Whilst warm drizzle the honey over the top of the nuts and tofu and stir it all together until fully coated in the honey.

Heat the remaining sesame oil in a frying pan on a medium heat and add the ginger, garlic and chillies and cook for about 30-40 seconds, stirring occasionally before adding the onion, pepper,

NUTTY TOFU STIR FRY



broccoli, sweet corn and mangetout. Stir fry for 4-5 minutes before adding the lime juice and 1 tbsp. of tamari (you can add more later if you prefer).

Divide up the stir fried vegetables into bowls and top with the tofu and nuts, add some more fresh chilli slices (optional) and enjoy.

SMOKEY VEGAN SHEPHERD'S PIE

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour

SERVES: 8

INGREDIENTS

- | | |
|---|---|
| 1.2kg King Edward potatoes, chopped | 2 tbsp. mixed herbs |
| 2 tbsp. olive oil | Salt and freshly ground black pepper |
| 1 red onion, peeled and chopped | 3–4 tbsp. tomato puree |
| 2 leeks, sliced | 250g frozen peas |
| 2 medium carrots, chopped into small chunks | 400g tin cooked lentils, drained (around 265g drained weight) |
| 1 red pepper, deseeded and chopped | 100–200ml almond milk, depending on preferred consistency for mash potato |
| 2 celery sticks, sliced | |
| 200g chestnut mushrooms, sliced | |
| 4 garlic cloves, peeled and finely chopped | |
| 2 tbsp. smoked paprika | |

To serve

Ketchup if desired

METHOD

Add the chopped potatoes to a saucepan, cover with water and bring to the boil, then reduce heat and simmer for about 15 minutes or until the potatoes are cooked through. Drain and set aside.

Whilst the potatoes cook, prepare and chop the other ingredients.

Add the olive oil to a large saucepan or casserole dish on a medium heat and add the onion, leeks, carrots, red pepper, celery, mushrooms, garlic and stir through. Cook for about 5 minutes or until the onions soften, stirring occasionally.

Add the smoked paprika, mixed herbs, salt and pepper and cook for a further few minutes stirring occasionally.

Pre-heat the oven to 180°C/350°F/gas mark 4.

Add tomato puree, frozen peas and lentils. If the mixture appears a little dry add some extra water, stir and cook for a further 5 minutes stirring occasionally. Add a little more water at any stage if needed.

Whilst the mixture cooks, place the drained potatoes in a bowl, add some salt, almond milk and mash away. Add more almond milk to reach your preferred mash consistency.

Place the vegetable mixture in a large baking dish and spread evenly before topping with the mashed potato. Use a fork to spread out evenly over the top.

Place in the oven to cook for 30 minutes and serve with ketchup if desired.



SPICY SWEET POTATO CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

3 large sweet potatoes, peeled and chopped into large chunks

500ml chicken stock

200ml passata

2 tbsp. tomato puree

½ tsp. salt

½ tsp. garlic powder or 1 clove garlic, finely chopped

1 tbsp. of ras el hanout

½–1 tsp. paprika

200g spinach

METHOD

Place the sweet potatoes, chicken stock, passata, tomato puree, salt and spices in a saucepan and mix well. Bring to the boil and then simmer on a medium heat for about 25 minutes or until the potatoes are soft.

Just before serving add the spinach and allow to wilt down for 3–4 minutes.

Season with more salt if necessary and serve.



SPINACH AND CHICKPEA CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

SERVES: 4



INGREDIENTS

- 1 small aubergine, sliced into chunks
- 3 tbsp. olive oil
- 1 tsp. smoked paprika
- Salt and pepper
- 2 red onions, peeled and sliced
- 2 garlic cloves, peeled and finely chopped
- 1 red chilli, deseeded and finely chopped
- 1 x 400g can of chickpeas, drained
- 1 tsp. garam masala
- 1 tsp. turmeric
- 1 tsp ground coriander
- 1 x 400g tin chopped tomatoes
- 1 x 400ml tin reduced fat coconut milk

To Serve

- Fresh coriander (optional)

METHOD

Pre heat the oven to 180c/ 350F/ Gas mark 4

Place the chopped aubergine on a baking tray and drizzle with 2 tbsp. olive oil, top with the smoked paprika, salt and pepper and use your hands to combine and coat the aubergine in the oil and seasoning. Place in the oven to cook for 20–25 minutes until golden.

Heat 1 tbsp. olive oil in a large stew pan or casserole dish and add the onions, garlic and chili, stir and cook for 5 minutes stirring occasionally until the onion softens.

Add the chickpeas, garam masala, turmeric, ground coriander and some salt and pepper, stir and cook for a few minutes, stirring occasionally. Add the chopped tomatoes, coconut milk and stir to combine, cover and simmer, stirring occasionally, until the aubergine is cooked.

Add the aubergine, stir, cover and simmer for 20–25 minutes. Remove the lid for the last 5 minutes if you want the sauce to thicken.

Serve topped with fresh coriander.

PREPARATION TIME: 10 minutes

COOKING TIME: 35-40 minutes

SERVES: 4-6

INGREDIENTS

3-4 medium sweet potatoes, chopped	1 tsp. paprika
1 tbsp olive oil cooking	1 heaped tsp. cumin
1 onion, peeled and chopped	½ tsp. cinnamon
1 green pepper, deseeded and chopped	1 x 400g tin cannelli beans
1 red pepper, deseeded and chopped	1 x 400g tin chopped tomatoes
1-2 red medium hot chillies, deseeded and finely chopped	30g dark chocolate (85% cocoa)
2 cloves of garlic, peeled and finely chopped	1 handful fresh coriander, roughly chopped
1 tsp. cayenne chilli	Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Steam or boil the potatoes.

While the potatoes are cooking, heat the olive oil in a large pan over a medium heat.

Add the onions, peppers, garlic and chillies. Stir and cook for around 5 minutes.

Add the cayenne, paprika, cumin and cinnamon. Stir through and cook for a few more minutes before adding the beans and tomatoes.

Bring to the boil and then simmer lightly for around 30 minutes, stirring occasionally. If the sauce starts to become too thick, add a little water.

Add the chocolate and stir through before adding most of the coriander (save a little for the topping).

Add the sweet potatoes and more seasoning if required, then stir again.

Serve topped with the remaining coriander.

SWEET POTATO CHILLI



TURMERIC AND AUBERGINE CURRY

PREPARATION TIME: 20 minutes

COOKING TIME: 15–20 minutes

SERVES: 4



INGREDIENTS

2 medium to large aubergines	6 shallots, roughly chopped
2 tbsp. ground turmeric	1 tbsp. fish sauce
1 tsp. chilli powder	1 tbsp. honey
2 red chillies, de-seeded and roughly chopped	1 tbsp. olive oil
5 cloves garlic, roughly chopped	1 can coconut milk
Thumb-sized chunk fresh ginger, peeled and chopped	200ml vegetable stock
	Salt and pepper
	Fresh coriander to serve

METHOD

Quarter the aubergines lengthways and chop each in half again (crossways). Mix the turmeric and chilli powder in a bowl. Coat the aubergine pieces on all sides with the turmeric and chilli mixture.

Put the red chillies, garlic, ginger, shallots, fish sauce and honey in a food processor and blend into a finely chopped, rough paste.

Heat the olive oil in a frying pan, add the aubergine pieces and brown on all sides, then remove to a plate.

Now add the blended spice paste mixture to the pan and fry for a couple of minutes.

Add the aubergine pieces back into the pan, along with the coconut milk and stock. Mix and bring to the boil, then simmer for around 15 minutes. The dish is ready when the aubergine is soft but still holds its shape.

Season to taste and serve with a sprinkling of chopped fresh coriander.

TURMERIC AND LENTIL CHILLI

PREPARATION TIME: 20 minutes

COOKING TIME: 45–60 minutes

SERVES: 6



INGREDIENTS

- | | |
|--|--|
| 2 tbsp olive oil | 400g cooked lentils, rinsed |
| 1 medium onion, diced | 3 tbsp tomato puree |
| 3–4 large garlic cloves,
finely chopped | 1 ½ tsp. ground turmeric |
| ½ butternut squash peeled,
deseeded and diced | 1 ½ tsp ground cumin |
| 3 stalks celery, finely sliced | ½ tsp chili powder |
| 500ml vegetable stock or water | ¼ tsp cayenne pepper |
| 390g chopped tomatoes | Salt and freshly ground pepper |
| 200ml coconut milk | 1 tbsp apple cider vinegar,
or to taste |
| | 200g spinach |

METHOD

Warm the oil in a large casserole dish on a medium heat. Sauté the onion and garlic for 4–5 minutes, until the onion has softened.

Add the squash and celery and stir to combine. Continue sautéing for a few minutes longer.

Add the stock, chopped tomatoes, coconut milk, lentils, tomato puree, turmeric, cumin, chili powder, cayenne, salt and pepper. Stir well to combine.

Increase heat and bring to a boil. Reduce the heat to medium, stir and simmer uncovered for about 30 minutes, stirring occasionally, until the squash is tender. Reduce the heat if necessary.

Just before serving add the apple cider vinegar to taste. Adjust the seasoning if desired and stir in the spinach cook for another few minutes.

VEGETABLE BOLOGNESE

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour 30 minutes

SERVES: 4

INGREDIENTS

2 tbsp olive oil
 2 carrots, diced
 2 celery stalks, finely sliced
 3 gloves garlic peeled and finely chopped
 1 medium onion, peeled and sliced
 1 red pepper, deseeded and chopped
 410g tin of lentils rinsed and drained (drained weight 265g)
 2 x 400g tins of chopped tomatoes
 125ml red wine
 2 tbsp. tomato puree
 1 tbsp. Worcestershire sauce
 2 tbsp. Italian style herb blend or mixed herbs
 Salt and pepper

To serve (Optional)

400g green pea fusilli or courgetti
 Parmesan shavings

METHOD

Heat the olive oil in a large saucepan on a medium heat. Add the carrots, celery, garlic, onion, red pepper, salt, pepper and cook for 10 minutes, stirring regularly until the vegetables softens.

Add the lentils, stir through and cook for a further 5 minutes, stirring occasionally.

Add the chopped tomatoes, red wine, tomato puree, Worcestershire sauce, herbs and season to taste. Stir through



before bringing to the boil, reduce to a gentle simmer, cover and cook for 1hr 15 minutes, stirring occasionally and add extra water if needed.

Just before the Bolognese is ready, prepare 400g green pea fusilli following the cooking instructions or pan fry some courgetti.

Serve topped with parmesan.

VEGGIE CHILLI

PREPARATION TIME: 10 minutes

COOKING TIME: 60 minutes

SERVES: 4-6

INGREDIENTS

- | | |
|--|--------------------------------------|
| 2 tbsp. olive oil | 1 tbsp. smoked paprika |
| 4 cloves garlic, peeled and finely chopped | 1 tbsp. cumin |
| 1 large red onion, peeled and chopped | 1 tbsp. coriander |
| 4 carrots, thinly sliced | 1 tbsp. oregano |
| 1 leek, chopped | 1 tbsp. tomato puree |
| 1 red pepper, deseeded and chopped | 1 x 400g tin chopped tomatoes |
| 1 yellow pepper, deseeded and chopped | 450g cooked chickpeas |
| 2 red chilli's deseeded and finely chopped (or 2-3 tsp chilli flakes for a hot chilli) | 230g cooked black beans |
| | 500-600ml vegetable stock |
| | Salt and freshly ground black pepper |
| | Fresh coriander (to serve) |

METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the garlic, onion, carrots, leek, peppers, chilli and stirring through. Cook for a further 5 minutes.

Add the smoked paprika, cumin, coriander, oregano, salt and pepper, stir through and cook for a further few minutes before adding the tomato puree and stirring again.

Finally add the tomatoes, chickpeas, black beans, vegetable stock and stir to combine. Bring to the boil and reduce to simmer for about 45 minutes, stirring occasionally.

Serve topped with fresh coriander.





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SIDES
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5-A-DAY SLAW

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 6-8



INGREDIENTS

1 sweetheart cabbage
 ½ red cabbage
 2 carrots, grated
 2 celery stalks, finely chopped
 2 handfuls walnuts, crushed
 Handful sultanas
 3 small apples, grated

For the Dressing

½ red onion, finely chopped
 3 tbsp olive oil
 1 tbsp. apple cider vinegar
 1 tbsp balsamic vinegar
 Juice of 2 lemons
 Salt and pepper

METHOD

Place all the slaw ingredients in a bowl and mix together.

Mix the dressing ingredients in a bowl or shake in a glass jar and pour over the slaw. Toss the ingredients in the dressing and set aside in the refrigerator to chill for 30 minutes.

5-A-SIDE VEG

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 2–4

INGREDIENTS

- 1 tbsp. olive oil
- 2 cloves garlic, peeled and chopped or 1 tsp garlic powder
- 1 onion, finely chopped
- 1 yellow pepper, chopped
- 400g chopped tomato
- 100g sweetcorn
- 1 heaped tsp. mixed herbs
- 2 courgettes, julienned and then chopped
- 2 carrots, julienned and then chopped
- 2 handfuls spinach
- Handful fresh basil
- Salt and pepper

METHOD

Pan fry the onions, garlic and pepper in the olive oil for 5 minutes.

Pour over the chopped tomatoes, stir in the sweetcorn and add the mixed herbs. Season with salt and pepper and leave to cook for 15 minutes.

Five minutes before serving add the julienned courgettes and carrots, stir to combine the vegetables and allow to cook for a further 2–3 minutes.

Finally add the spinach and allow to wilt for 1–2 minutes. Cook until the vegetables are soft.

Season again to taste and serve.



CARROT AND CAULIFLOWER HARRISA MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 4–6

INGREDIENTS

1 large cauliflower, chopped into florets
5 carrots
1 tbsp. olive oil
2 heaped tsp. harissa spice mix
1 heaped tsp. garlic powder
Salt and pepper

METHOD

Steam or boil the cauliflower and carrots until soft.

Place in a large bowl and add the olive oil, garlic and harissa spice.

Mash until the mixture has a smooth consistency.

Season to taste and serve.



CURRIED SWEET POTATO MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

Serves 2–4

INGREDIENTS

- 2–3 medium sweet or white potatoes, peeled and chopped
- 3 tsp. medium curry powder
- 1 tsp. garlic powder
- 1 handful fresh coriander, roughly chopped
- Salt and pepper
- 2 tbsp. pine nuts (optional)

METHOD

Steam or boil the sweet potatoes until soft.

Place in a large bowl and add the curry powder, garlic, fresh coriander, salt and pepper.

Place the pine nuts in a non stick frying pan (no oil needed) over a medium heat to toast lightly while you mash the potatoes.

Top the potato with the toasted pine nuts and more fresh coriander to serve.



EPIC HERBY SALAD

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4

INGREDIENTS

3 large carrots, chopped into small chunks

200g peas

1 yellow pepper, deseeded and chopped into chunks

1 avocado, skin and stone removed and chopped into small chunks

2–3 handfuls baby spinach or rocket leaves

Handful fresh mint

Handful fresh parsley

1 handful fresh coriander

1 clove garlic, peeled

2 tbsp. olive oil

2 tbsp. apple cider vinegar

Salt and pepper

Juice of 1 lemon

METHOD

Steam or boil the carrots, peas and pepper until soft.

Place the cooked vegetables in a bowl and stir in the avocado and salad leaves.

Place the herbs, garlic, olive oil and apple cider vinegar in a blender and blend into a creamy dressing. Pour over the salad and toss the ingredients to coat the vegetables in the dressing.



GREAT GREEK SALAD

PREPARATION TIME: 10 minutes

SERVES: 4



INGREDIENTS

1 red onion, peeled and chopped
 4 tomatoes, chopped
 ½ cucumber, chopped
 Large handful olives
 1 yellow pepper, deseeded and chopped
 1 red pepper, deseeded and chopped
 3 cloves garlic, peeled and chopped

1 heaped tsp. mixed herbs
 1 tbsp. olive oil
 Juice of 1 lemon
 Handful fresh basil leaves torn
 100g feta, crumbled
 Salt and pepper

METHOD

Place the onion, tomatoes, cucumber, peppers and olives into a bowl and combine well.

In a small bowl combine the olive oil, garlic, mixed herbs and lemon juice and season with salt and pepper.

Pour over the salad and top with the torn basil and crumbled feta.

INDIAN STYLE SWEET POTATOES

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 5



INGREDIENTS

3 medium sweet potatoes, peeled and sliced into 1cm thick slices
2 tbsp. olive oil
1 red onion, peeled and sliced
200g cherry tomatoes, halved
1 green or red chilli, de-seeded and finely chopped
2 tsp. garam masala
Generous pinch of salt
2 large handfuls fresh coriander

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Drizzle the oil in a baking tray and add all the ingredients, coating the vegetables well in the oil and spices.

Place in the oven to cook for 25–30 minutes or until the potatoes are soft. Stir occasionally.

Serve topped with extra fresh coriander.

ITALIAN TRAY BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 35-50 minutes

SERVES: 2-4

INGREDIENTS

1 red onion, peeled and sliced

1 large courgette, sliced

Handful olives

1 yellow pepper, deseeded and chopped

180g tomatoes on the vine

3 cloves garlic, peeled and chopped

1 tbsp. mixed herbs

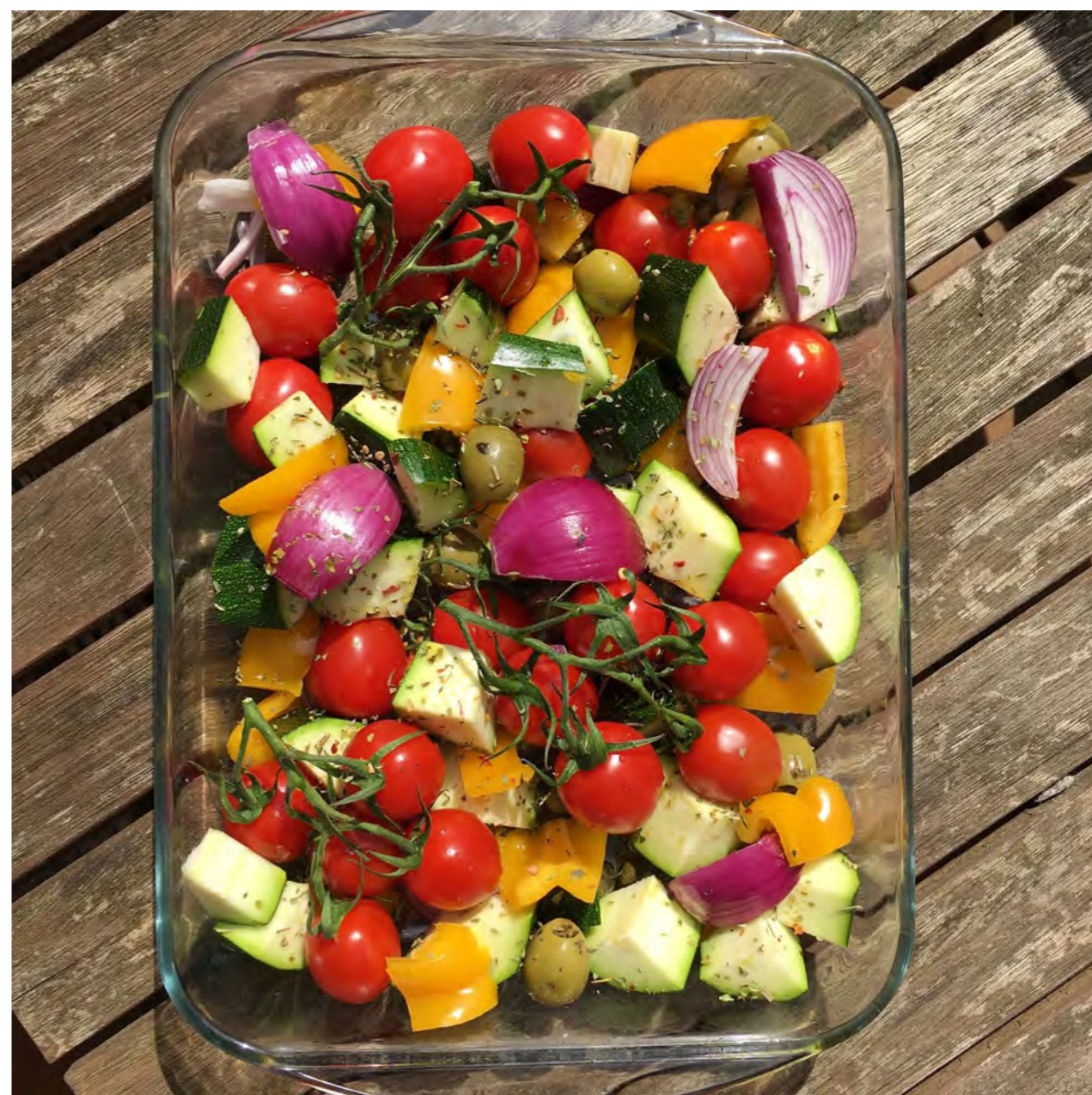
Olive oil

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place all the vegetables into a baking tray, sprinkle with chopped garlic, mixed herb and drizzle with olive oil.

Place in the oven to cook for 35–40 minutes until the vegetables are soft.



KALE AND SWEET POTATO MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 2



INGREDIENTS

2 sweet potatoes, peeled and chopped
Bunch of kale, chopped
Salt and pepper
1 tbsp. olive oil (optional)

METHOD

Place the chopped potato in a steamer or pan of simmering water and allow to cook for 10 minutes until soft.

Add the kale to cook for the remaining 3–4 minutes.

Once the potato and kale are cooked, drain and place the sweet potato in a large bowl.

Mash the potato with a fork or vegetable masher.

Mix in the chopped kale.

Season to taste, add a little olive oil if desired and serve.

LEMON BROCCOLI

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 3-4



INGREDIENTS

2 heads broccoli, separated into florets

1 tbsp. olive oil

50g cashews

2 cloves garlic, peeled and chopped

1 onion, peeled and chopped

4 tbsp. tamari

Juice of 1 lemon

Salt and pepper

METHOD

Steam or boil the broccoli until almost tender, around 5 minutes.

Warm the olive oil in a frying pan and add the broccoli, cashews, garlic and onion. Sauté for 5 minutes or until the vegetables and nuts start to brown.

Add the tamari, lemon juice, season with salt and pepper and cook on a low heat for a further 5 minutes to allow flavours to blend.

MUSHROOM AND SPRING ONION CAULIFLOWER RICE

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

Serves: 2–4

INGREDIENTS

Olive oil for cooking

2 cloves garlic, peeled and chopped

Handful mushrooms, sliced

2 spring onions, chopped

1 cauliflower, grated

Salt and pepper

METHOD

Heat a little olive oil in a large saucepan and add the garlic, mushrooms and spring onions and stir fry for 4–5 minutes.

Add the cauliflower to the pan and stir fry consistently to stop the cauliflower from burning.

After 3–5 minutes, taste to check the consistency and serve as soon as it's soft.



QUICK RATATOUILLE

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 6–8



INGREDIENTS

1 tbsp. olive oil
 1 onion, finely chopped
 3 cloves garlic, peeled and chopped
 2 courgettes, chopped
 1 red pepper, chopped
 3 stalks celery (optional)
 800g chopped tomato
 1 tbsp. mixed herbs
 2–3 tbsp. olives (optional)
 Salt and pepper

METHOD

Pan fry the onions, garlic and peppers in the olive oil. Add the courgettes, celery and peppers and stir-fry for 2–3 minutes.

Add the tomatoes, herbs, and olives and season.

Cook through for 10–15 minutes until the vegetables are soft.

Season to taste and serve.

SPICY COURGETTE WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 3–4

INGREDIENTS

½ onion, peeled and chopped (optional)

3 large courgettes

1 tbsp. olive oil for cooking

½–1 tsp. garlic powder

½–1 tsp. smoked paprika

1 tsp. crushed chilli flakes

Salt

METHOD

Chop the courgettes into chunky wedges.

Heat the oil in a frying pan and add the onion (if adding) stir fry for 2–3 minutes.

Add the courgettes wedges and continue to stir-fry.

Sprinkle the garlic powder, paprika and chilli flakes over the courgettes and onions.

Sauté until the courgettes begin to soften but still remain a little crunchy.

Season to taste with a little salt and serve.



SQUASH WEDGES WITH ALMOND PESTO

PREPARATION TIME: 15 minutes

COOKING TIME: 35_40 minutes

SERVES: 6-8

INGREDIENTS

1 whole squash, halved, deseeded and chopped into wedges (leave the skin on)
 1 tbsp olive oil
 1 tsp garlic powder
 1 tsp onion powder
 Salt to taste
 Pomegranate seeds

For The Almond Pesto

1 tbsp almond butter
 Juice of 1 lemon
 1 tbsp olive oil
 2 cloves garlic roughly chopped
 Small handful flat leaf parsley, roughly chopped
 Salt & pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the squash wedges on a baking tray, drizzle with olive oil and sprinkle with garlic powder, onion powder and salt.

Place in the oven to cook for 35-40 minutes until the wedges are soft in the middle.

Once cooked allow to cool and place on a bed of rocket, sprinkle with pomegranate seeds.



To Make the Almond Pesto

Place all the pesto ingredients in a food processor and blitz until smooth but keep a little texture.

Add a little more lemon juice and olive oil to reach your desired texture. Spoon the pesto over the squash and enjoy.

SUPER MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 8

INGREDIENTS

1 kg potatoes (white or sweet)
peeled and chopped
1 large leek, chopped
300g broccoli florets
2 tsp. garlic powder
Large handful kale, chopped
2 inch cube of fresh ginger,
peeled and finely chopped

6 sundried tomatoes
1 tsp. mixed herbs
Salt and pepper

To Serve

Fresh parsley

METHOD

Cook the potatoes and leeks in a steamer or boil in a saucepan until soft.

In a separate pan, steam or boil the broccoli, kale and spinach for 5–7 minutes.

Once cooked drain the potatoes and vegetables and place in a bowl with the garlic, ginger, sundried tomatoes and herbs.

Season to taste with salt and pepper and mash everything together until it reaches the desired consistency.

Serve with fresh parsley.



SUPER QUICK SLAW

PREPARATION TIME*: 15 minutes

SERVES: 8–10

*Allow to marinade for 30–60 minutes if possible



INGREDIENTS

2 large carrots
 1 white cabbage, thinly sliced
 1 small onion, thinly sliced
 4 tbsp. apple cider vinegar
 3 tbsp. wholegrain mustard
 2 tbsp olive oil
 Juice of 1 lemon
 2 tbsp olive oil
 Salt and pepper

Optional Toppings

Fresh chives, chopped
 Fresh dill, chopped
 Pomegranate seeds

METHOD

Grate the carrots and place in a large bowl.

Add the sliced cabbage and onion and toss the ingredients together.

In a small bowl mix the vinegar, lemon juice, mustard, olive oil, salt, pepper and honey.

Pour the dressing over the vegetables and mix together thoroughly.

If possible allow to marinade for 30-60 minutes (optional) and serve.

SWEET AND SPICY SQUASH WEDGES

PREPARATION TIME: 10 minutes

COOKING TIME: 35–40 minutes

SERVES: 6–8



INGREDIENTS

- 1 whole squash, halved, deseeded and chopped into wedges (leave the skin on)
- 1 tbsp olive oil
- 1 tbsp honey
- 1 tsp garlic powder
- 1 tsp cinnamon
- Pinch of cayenne pepper
- 1 tbsp. sesame seeds
- Salt

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the squash wedges on a baking tray.

In a bowl combine the olive oil, honey, garlic powder, cinnamon and cayenne and pour over the wedges, toss the wedges to coat each one in the oil and spices.

Season with salt and sprinkle the sesame seeds over the wedges.

Place in the oven to cook for 35–40 minutes until the wedges are soft in the middle.

SWEET POTATO WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 35–40 minutes

SERVES: 5

INGREDIENTS

4 large sweet potatoes
1 tbsp. olive oil
2 tsp. smoked paprika
1 tsp. salt

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Slice the sweet potatoes into 3–4 inch wedges and place in a baking tray.

Drizzle with a little olive oil and toss the wedges to coat them. Mix the smoked paprika and salt and sprinkle over the wedges.

Bake in the oven for 35–40 minutes until soft and lightly browned around the edges.





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SAUCES
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ALMOND PESTO

PREPARATION TIME: 10 minutes

SERVES: 3-4

INGREDIENTS

1 tbsp. almond butter
 Juice of 1 lemon
 1 tbsp. olive oil
 2 cloves garlic roughly chopped
 Small handful flat leaf parsley, roughly chopped
 Salt & pepper

METHOD

Place all the ingredients in a food processor and blitz until smooth but keep a little texture.

Add a little more lemon juice and olive oil to reach your desired texture. Spoon the pesto over the squash and enjoy.



CARROT, APPLE AND GINGER DRESSING

PREPARATION TIME: 10 minutes

SERVES: 3-4

INGREDIENTS

25ml tamari sauce
 25ml rice or apple cider vinegar
 1 small apple, grated
 1 small carrot, grated
 Juice of 1 lime
 Dice sized chunk ginger, grated
 ¼ tsp. onion powder

METHOD

Combine the dressing ingredients in a small bowl.



HOMEMADE GUACAMOLE

PREPARATION TIME: 10 minutes

SERVES: 2-4

INGREDIENTS

2 avocados, peeled and mashed
 ½ red onion
 1 tomato, finely chopped
 ½-1 tsp. garlic powder
 Juice of 1 lime
 1 handful fresh coriander, roughly chopped
 ½ tsp. cayenne chilli powder (optional)
 Salt and pepper

METHOD

Place all the ingredients except the salt and pepper in a large bowl, combine all the ingredients together and season to taste.



HOMEMADE KETCHUP

PREPARATION TIME: 5 minutes

SERVES: 4

INGREDIENTS

100g tomato purée
 2 tbsp. balsamic vinegar
 6 tbsp. water
 Salt and pepper
 1 tsp. xylitol or raw honey (optional)

METHOD

Place the tomato puree, vinegar and water in a bowl and combine together, season to taste, add honey or xylitol if desired.



HOMEMADE TARTAR SAUCE

PREPARATION TIME: 5 minutes

SERVES: 4

INGREDIENTS

3 heaped tbsp. Greek yogurt (you can also use sheep's or goat's yogurt)
1 heaped tbsp. capers, finely chopped
2 tbsp. cornichons, finely chopped
1 handful of fresh parsley, chopped
Salt and freshly ground black pepper

METHOD

Mix all the ingredients together in a bowl. Taste and add more seasoning if necessary.



HOMEMADE TZATZIKI

PREPARATION TIME: 10 minutes

SERVES: 2-4

INGREDIENTS

300g plain, natural yogurt
 1 cucumber, grated and drained
 2 cloves garlic, minced
 2 tbsp fresh lemon juice
 2 tbsp fresh dill, chopped
 2 tbsp fresh mint, finely chopped
 Salt and pepper to taste

METHOD

Place all the ingredients except the salt and pepper in a bowl, combine together and season to taste.



LIME AND CHILLI HUMMUS

PREPARATION TIME: 10 minutes

SERVES: 6–8



INGREDIENTS

380g carton (230g drained weight) chickpeas,
rinsed and drained
50ml almond milk
15g light tahini
1 tsp. garlic powder
½ tsp chilli
Juice and zest of 1 lime
Salt as desired

METHOD

Place all the ingredients in a food processor or blender and blitz into a smooth, creamy dip.

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