



Vegan Meal Mentor

Gluten Free & Soy Free

Breakfast

A cup of hot water with lemon slices before breakfast is known to wake up the liver



1. Green smoothie

50% fruit 50% leafy greens + flaxseed meal

- Start with this ratio and work up to more leafy greens all while varying the greens (Kale, spinach, parsley, mint, basil, celery) and fruit of choice (Papaya, banana and rock melon are good in a smoothie to make it more palatable)
- Add one date if it's too bitter
- Add water to get it to your consistency
- 1 Tbsp wise it may oxidise - or grind and store it in an airtight bag in the freezer
- Blend all until the preferred consistency is reached

2. Orange coconut Chia breakfast bowl

Ingredients: Coconut milk (1-1.5 cups); chia seeds (1/4 cup); maple syrup (1 Tbsp.); vanilla extract (1/2 tsp); pinch of salt; 1 tsp orange zest

- Combine all, stir well, add to small bowls and leave in the fridge overnight
- In the morning top with sliced oranges and shredded coconut and serve

3. Buckwheat pancakes with blueberry jam

Ingredients: Buckwheat flour (2 cups); baking powder (2 tsps); unsweetened almond milk (2 cups); a pinch of sea salt; applesauce(1/2 cup); vanilla extract (2 tsp)

- Whisk dry ingredients together
- Whisk wet ingredients together separately
- Merge wet & dry ingredients and whisk until smooth
- Heat couple of tsps of vegetable oil in a skillet
- Add 1/2 to 1/3 cup of batter
- Serve with blueberry jam or berry compote

4. Power Bowl quinoa Breakfast

- Mix half a cup cooked quinoa with 2 Tbsp flax seeds in a breakfast bowl and cover with coconut or almond milk
- Drizzle with 1 Tbsp maple syrup
- Mix well and let sit for a while
- Top with a dash of lemon, 2 Tbsp slivered almonds, 1 Tbsp seeds, 1 Tbsp cocoa nibs and blue berries
- Add chopped banana on the side

5. Avocado on Gluten Free toast with tomatoes or citrus & seeds

- Mash avocado on toast. Add citrus, either lemon juice or some cut tomatoes
- Add seeds (pepitas or sunflower seeds)
- (Optional) add a drizzle of flaxseed oil

Snack

One portion of the following:

1. Home made quinoa bar
2. Gluten free bliss ball
3. Oven baked apple slices topped with cinnamon
4. Fruit
5. Peanut butter serving with veg/ or chia gluten free crackers

Take **B12** supplements
3-5 times
a week

Lunch

1. Chia or quinoa Wrap with a variety of greens, hummus and/or falafel

2. Chickpea salad sandwich

Ingredients: 1 can of chickpeas rinsed and drained, mixed with 2 chopped celery stalks; 1 minced clove garlic; 1 tsp yellow mustard; 1 chopped chive; half a cup finely chopped red capsicum; 2.5 Tbsp vegan mayonnaise; 1 Tbsp chopped fresh dill; salt and pepper

- Toast 2 slices of GF bread & add the mixture on top

3. Sweet potato black bean burger served with garden salad

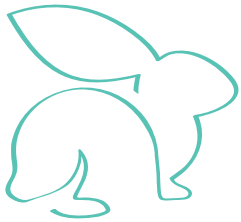
Ingredients: 2 cups baked sweet potato; 1 can black beans (rinsed and drained); 1.5 cups of cooked brown rice; 1/4 cup nut meal; 1 chopped chive; 1 tsp smoked paprika powder; 2 tsps ground cumin; salt to taste

- Mash the beans in a bowl for texture
- Add sweet potato and 1 cup rice and the rest of the ingredients
- Mash, taste and adjust with remaining rice for required texture and taste
- Bake for 30mins at 175C
- Serve on a garden salad with a TBSP of tomato chutney on top

4. (Stuffed) Collard wrap with hummus, garden greens, carrots, tomatoes & chickpeas

5. Quinoa salad with roasted pumpkin, baby spinach & orange dressing

No caffeinated drinks one hour before or after plant-based food. These can hinder your body's absorption of iron, minerals and nutrients



Snack

One portion of the following:

1. Nuts – a variety – try walnuts in particular

2. Fruit

3. Roasted chickpeas with sweet paprika or cumin spice

4. Home made Spiced ginger raw bar

5. Vegetable sticks with hummus or baba ganoush

Dinner

Add citrus to your food or smoothie to promote iron absorption

1. Middle Eastern Mujadara (Brown lentils served on brown rice with a side salad)

Ingredients: 1 cup brown or green lentils rinsed; half a tsp cumin; 2 medium brown onions; half a cup brown rice; 3 cloves garlic; salt and olive oil

- Cook the lentils until tender but not mushy. Drain and set aside.
- Add water to the pot, add rice and cooked lentils, garlic cloves and cumin and cook until rice is ready
- Cut onions and lightly fry with olive oil until brown and slightly caramelised
- Serve lentil rice dish with onions on top and a side of tomato, cucumber and mint salad with a lemon and olive oil dressing.

2. Bean Chilli & brown rice with guacamole

Ingredients: Large can of four bean mix (drained and rinsed); 1 large can of chopped tomatoes; 1 chopped onion; 1 chopped red capsicum; 2 chopped carrots; 2 garlic cloves; 2 Tbsp cumin powder; 1 tsp chilli flakes; 3 Tbsp tomato paste; a squeeze of tomato ketchup

- In a pot, lightly fry the onion and garlic
- Add cumin and chilli until aromatic
- Add beans, capsicum and carrot and stir
- Add tomatoes, tomatoe paste and ketchup squeeze
- Stir all and let it simmer until carrots are cooked



Dinner (continued)

- If the liquid is not enough, add more paste and water until you get a thick consistency
- Serve with brown rice, guacamole (avocado and lemon juice), and refried black beans

3. Lentil cumin soup

Ingredients: 1 brown onion, shredded; 1 cup rinsed dry red lentils; half a cup brown rice; 1 Tbsp cumin powder; 2 lemons; a pinch of salt

- Clean lentils in water first, and drain
- In a pot, chop onion, and lightly fry
- Add water to the pot and bring to boil
- Add lentils, rice, cumin, stir and bring to the boil then simmer
- Once the rice and lentils look cooked, add lemon juice and salt as required

4. Baked sweet potato with ratatouille

Ingredients for the ratatouille: chop 2 small zucchinis; 1 medium eggplant; 1 red capsicum; 1 red onion, 2 cloves garlic; 3 large tomatoes; mixed Italian herbs; 3 Tbsp tomato paste

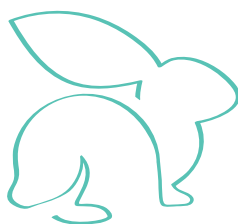
- Heat 2 Tbsps olive oil in a pan and add onions, garlic, and then the vegetables and tomatoes
- Add tomato paste and mixed Italian herbs
- Simmer until all vegetables are cooked and sauce thickens
- Add salt and pepper to taste
- Bake potatoes in 175C oven for 45mins to an hour
- Once tender, add a scoop of ratatouille on the potato and top with a dollop of hummus

5. Black French lentils in red wine served on mashed potatoes

Ingredients: 1.5 cups of French lentils, rinsed and drained; half a bottle of cheap vegan red wine; 2 small chopped carrots; 3 bay leaves; vegetable stock; 500 mls water; 500g Desiree or Dutch cream potatoes washed and peeled; 1-2 cups almond milk; 2 Tbsp margarine, Salt to taste

- In a pot, bring to boil water and add the vegetable stock cube
- Add lentils, carrots, bay leaves
- Cook lentils until tender, adding water if needed
- Once water is reduced, add the red wine and cook further until all liquid is absorbed and lentils cooked
- Peel and boil potatoes until very tender
- Mash while adding almond milk until required consistency of mash
- Add margarine and salt to taste
- Serve lentils on a serving of mashed potatoes

Drink at least
2 litres
of water
a day



Snack

One portion of the following:

1. Lindt dark 70% chocolate (2-3 pieces)

2. A cup of rock melon

3. Banana and cocoa “Nice Cream”

(Process: 3 frozen bananas, 1/3 cup cocoa, 1/4 cup maple syrup, 2 fresh dates)

4. Fruit platter

5. Chia chocolate pudding

- In a jar, add 1-1.5 cup coconut milk drink; 1 Tbsp maple syrup; half a tsp sea salt; 3 Tbsp cocoa powder; half a cup chia seeds
- Stir and close the jar, shake it until all combines
- Refrigerate overnight. Pour in individual little bowls, top with blueberries, orange zest and shredded coconut.