



Vegan Meal Mentor

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 (ground) flaxseed. Grind the flaxseed just before use otherwise it may oxidise - or grind and store it in an airtight bag in the freezer
- Blend all until the preferred consistency is reached

2. Avocado on multigrain or sourdough toast with tomatoes or citrus & seeds

- Mash an 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

3. Buckwheat pancakes with blueberry jam

Ingredients: Buckwheat flour (2 cups); baking powder (2 tsp); 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. Tofu scramble with sautéed mushrooms, tomatoes & baby spinach

Ingredients: One pack firm tofu (drained for 15 mins); salt (1/2 tsp); cumin (1/2 tsp); turmeric (1/4 tsp); garlic powder (1/2 tsp); smoked paprika (1/4 tsp); olive oil; shredded kale (1.5 cups)

- Sauté tomatoes and kale for a few minutes
- Crumble tofu separately and add to olive oil in pan
- Add spices to tofu and mix for 5-7 minutes until tofu is completely covered with spices and golden
- Add sautéed veggies and tomatoes to the tofu and serve
- Serve with sautéed mushrooms

5. 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; orange zest (1 tsp)

- 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

Snack

One portion of the following:

1. Two home made bliss balls

Peanut butter serving with veg/ or whole wheat crackers

2. Home made muesli quinoa bar

3. Oven baked apple slices topped with cinnamon

4. Fruit

Lunch

Add citrus to your food or smoothie to promote iron absorption

1. Chia or quinoa Wrap with a variety of greens, hummus and/or falafel
2. Fattoush Lebanese garden salad with a side of Baba Ghanoush
3. Fresh & crunchy Nori rolls with tofu, avocado and carrot
4. (Stuffed) Collard wrap with hummus, garden greens, carrots, tomatoes & chickpeas
5. Quinoa salad with roasted pumpkin, baby spinach & orange dressing



Dinner

1. Mexican Casserol

Ingredients: 2 cloves garlic, minced; 1 red capsicum, chopped; 1 can black beans, rinsed; 1 cup frozen corn or 1 can of corn; 2 cups brown rice; 3 cups water; 1 vegetable stock cube; 2 tsp chili pepper; 2 tsp cumin; 1/2 tsp oregano; 2 Tbsp jalapinos; 1 jar tomato sauce; tortilla chips; avocado

- In a large cast-iron skillet over medium-high heat, saute onions with a bit of water for about 2-3 minutes
- Add the garlic and capsicum and continue to cook for an additional 2-3 minutes, adding more water if needed
- Add black beans, corn, rice, water, vegetable stock, jalapenos, chili pepper, cumin and oregano to the skillet
- Stir until well mixed
- Reduce heat to medium and cover with lid. Allow to simmer for approximately 1.25 hours, or until rice is cooked to your liking, stirring periodically
- Once rice is cooked, add the tomato sauce and cook for an additional 5 minutes
- Remove from heat once heated through
- Preheat oven to 200C
- Crunch up tortilla chips and sprinkle over the rice mix, ensuring an even coat of chips. Place skillet into pre-heated oven and cook for approximately 5 minutes, until chips are crunchy
- Top with sliced avocado

2. Middle Eastern white beans in tomato stew, served with brown rice

Ingredients: 2 cans white Bertolli beans (drained and rinsed); 3 Tbsp tomato paste; 3 cloves chopped garlic; 2 medium onions; 1 Tbsp lemon juice; 1 tsp cumin powder; 2 Tbsp olive oil; salt and pepper to taste; 1 tsp hot chilli sauce; 250ml vegetable stock

- In a pot, combine beans, tomato paste, chilli sauce, garlic, onions, cumin, lemon juice, olive oil, salt and pepper.
- Mix well until beans are coated. Add stock and top off with water to completely cover beans.
- Simmer on medium-high heat for 30-45 minutes until sauce has thickened
- Serve with brown rice

3. 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

Dinner (continued)

- Stir all and let it simmer until carrots are cooked
- 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

4. 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

5. Peanut noodle pasta salad

Ingredients: 1 cup Peanut butter (smooth); half a cup soy sauce; half a cup rice vinegar; 1 Tbsp sesame oil; 2 Tbsp Sriracha (this is a hot chilli sauce, it's very tasty but can add some spice, use sparingly); half a cup water; 1 Tbsp minced ginger; 3 cloves garlic; 2 Tbsp Brown sugar; half - a third of a cup golden syrup (optional – add or adjust depending on taste); 500 grams of wheat linguine

- Boil linguine until cooked
- Rinse well and place in fridge for a while
- Add all sauce ingredient together and mix well
- Adjust sweetness with golden syrup
- Add sauce to linguine and vegetables of choice (broccoli, corn, capsicum, carrots, broad beans)
- Top with chopped cashews

Snack

One portion of the following:

1. Hot cocoa chocolate drink with almond milk and mint


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

3. A cup of rock melon


4. Banana and berry “Nice Cream”

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

5. Fruit platter



Drink at least
2 litres of water
a day & take B12
supplements 3-5
times a week



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