



Vegan Meal Mentor

Endurance Athletes

Breakfast

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



1. Oats & green smoothie

(50% fruit 50% leafy greens + flaxseed meal)

- Oats warmed up with almond milk or soy milk with berries, raisins, banana
- Green smoothie: Kale, spinach, mint, celery (70% veg and greens), 1 apple, 1 banana and some grated ginger
- Ground Flax seed/ chia seeds or rice protein powder if required for extra calories (sun warrior brand)

2. Tofu scramble with sautéed mushrooms, tomatoes and kale

Ingredients: Firm tofu (1 pack – 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; kale (1.5 cups)

- Sautee 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 is golden
- Add sautéed veggies and tomatoes to the tofu and serve
- Serve with sautéed mushrooms

3. Power Bowl quinoa Breakfast

- Mix half a cup cooked quinoa with 2 Tbsp chia seeds in a breakfast bowl and cover with coconut or almond
- Drizzle with 1 Tbsp maple syrup
- Mix well and let sit for 15 mins
- 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

Snack

One portion of the following:

- **Banana smoothie**

(1-2 frozen bananas, 40g macadamias, almond milk, pinch of cinnamon and nutmeg, one date). Blend all and add almond milk depending on consistency required.

- **Home made granola bar & apple**

- **Nut butter on 2-3 crackers & apple**

Eat a high calorie diet.
6-8 small meals a day

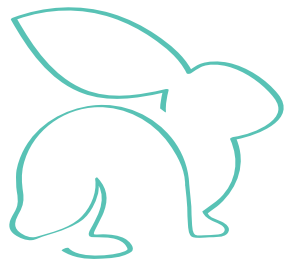


Post workout
A protein shake:
protein powder, kale,
spinach, banana & berries
smoothie, mixed with
water, almond
or soy milk.



Lunch

Add citrus
to your food
or smoothie to
promote iron
absorption



1. Buddha power bowl

Ingredients: Handful of Baby spinach, half a sliced avocado, 1 grated carrot, 1/2 -2/3 can of chickpeas roasted in cumin, 1/2 cup cooked tricolour quinoa

- Drizzle with lemon tahini dressing

2. Chickpea and baby spinach 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

- Have with 2 pieces rye bread and baby spinach leaves

3. Sweet potato black bean burger served with garden salad

Ingredients: 2 cups baked sweet potato; 1 can black beans (rinsed and drained); 1&1/2 cups of cooked brown rice; 1/4 cup nut meal; 1 chopped chive; 1 tsp smoked paprika powder; 2 tps 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 in a wholemeal bun with a Tbsp of tomato chutney and hummus on top

Snack

One portion of the following:

- **Nut butter on 2-3 crackers & an apple**
- **Home made quinoa bar & orange**
- **Banana & cereal bar**

Dinner

Pre workout
An apple 20-30
minutes before
evening workout.

1. Mexican Bean Chilli and brown rice topped with one whole avocado and side dish of steamed broccoli and spinach

Ingredients: Large can of four bean mix (drained and rinsed); 1 large can of chopped tomatoes; chopped onion; 1 chopped red capsicum; 2 chopped carrots; 2 garlic cloves; 2 tsp cumin powder; 1 tsp chilli flakes; 3 tsp 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, paste and ketchup squeeze
- Stir all and let it simmer until carrots are cooked
- If liquid is not enough, add more paste and water until you get a thick consistency
- Serve with brown rice, and a side serving of steamed broccoli and spinach and guacamole made of 1 whole avocado

2. Middle Eastern Mujadara (brown lentils served on brown rice with side salad)

Ingredients: 1 cup brown or green lentils rinsed; 1/2 tsp cumin; 1/2 cup brown rice; 3 cloves garlic; salt and pepper to taste

- 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
- Serve lentil rice dish with a side of tomato, cucumber and mint salad with a lemon and olive oil dressing
- Top the lentil dish with two Tbsps of hummus

Dinner (continued)

3. Peanut noodle pasta salad with steamed vegetables

Ingredients: 1 cup Peanut butter (smooth); 1/2 cup soy sauce; 1/2 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); 1/2 cup water; 1 Tbsp minced ginger; 3 cloves garlic; 2 Tbsp Brown sugar; 1/4 cup – 1/3 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
- Steam vegetables of choice (broccoli, corn, capsicum, carrots, broad beans)
- Mix in with linguine
- Top with chopped cashews and parsley

Snack

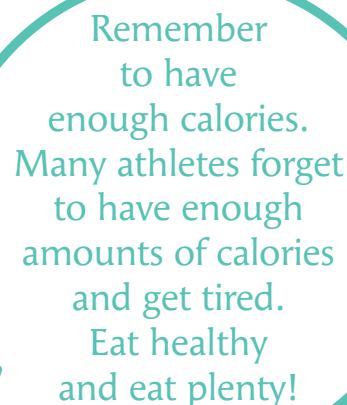
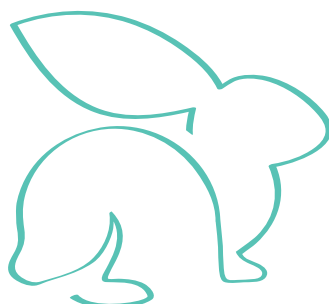
One portion of the following:

1. **Hummus and vegetable dip (raw carrots, beans, broccoli)**
2. **Whole grain cereal with almond milk (unsweetened)
add banana for sweetness**
3. **Chia chocolate pudding**

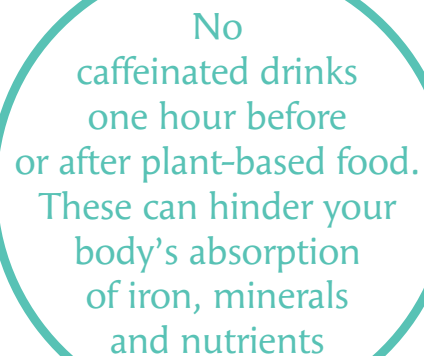
- In a jar, add 1-1/4 cup coconut milk drink; 1 Tbsp maple syrup; 1/4 tsp sea salt; 3 Tbsp cocoa powder; 1/4 cup chia seeds
- Stir and close the jar, shake it until all combines
- Refrigerate overnight. Pour in individual little bowls, top with blueberries, orange zest and shredded coconut.



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



Remember
to have
enough calories.
Many athletes forget
to have enough
amounts of calories
and get tired.
Eat healthy
and eat plenty!



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

