

Plant-Based Client Recipe Pack

Discover 15 easy, healthy and tasty recipes, including: breakfast, lunch, dinner, treat and smoothies













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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Ripped Blueberry Smoothie	Curry Chickpea Lettuce Wraps	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Roasted Tomato & Barley Soup
Tue	Citrus Green Smoothie Burst	Curry Chickpea Lettuce Wraps	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Thai Peanut Stir Fry
Wed	Citrus Green Smoothie Burst	Orzo Italian Pasta Salad	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Thai Peanut Stir Fry
Thu	Vegan Scramble	Orzo Italian Pasta Salad	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Rolled Zucchini Pasta Bake
Fri	Energising Matcha Chia Pudding	Roasted Glow Bowl	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Rolled Zucchini Pasta Bake
Sat	Chocolate Blender Protein Pancakes	Roasted Glow Bowl	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Meal Out - Enjoy!
Sun	Ripped Blueberry Smoothie	Vegan 'BLT' Wrap	E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	Creamy Moroccan Stew

Weekly Shopping List

Fruits, Vegetables

Fruits
- 2 large grapefruits
- 2 apples
- 7 bananas
- small box blueberries
- 2 cups fresh berries of choice
- 3 limes
- 2 large lemons
- 2 avocados

Vegetables
- 1 small purple cabbage
- 4 red bell peppers
- 4 medium yellow onions
- 3 bunches of spinach
- 3 bulbs of garlic
- small piece of ginger root
- bunch of celery
- red onion
- large leafy lettuce for lettuce wraps
- small head of cauliflower
- 1 head broccoli
- 2 small packs of mixed green lettuce
- 2 large heads of cauliflower
- 3 tomatoes
- 4 lbs. (1.8kg) vine-ripened tomatoes
- 4 medium zucchinis
- 2 medium carrots

Frozen
- 1 small pack of edamame beans
- 1 small pack of blueberries
- 1 small pack of frozen mango

Vegan Protein, Non-Dairy, Condiments

Non-Dairy
- 2x containers unsweetened soy milk or another plant-based milk
- 2x packs 12 oz. (340g) extra firm tofu
- small pack of vegan smoked tempeh (vegan bacon)
- vegan butter
- vegan Parmesan cheese
- vegan mozzarella cheese
- vegan feta cheese

Condiments, Dips
- peanut butter
- soy sauce
- hot sauce
- almond butter
- vegan mayonnaise
- lite Italian salad dressing
- hummus
- avocado oil
- sriracha sauce
- apple cider vinegar

Legumes, Seeds, Herbs, Nuts, Spices

Legumes, Nuts, Dried Seeds
- hemp seeds
- flax meal (ground flax seeds)
- chia seeds
- sunflower seeds
- red split lentils
- raw cashew nuts
- poppy seeds

Spices
- nutritional yeast
- turmeric
- onion powder
- ground cumin
- salt
- pepper
- curry powder (mild)
- Moroccan spice blend
- ground cayenne pepper
- ground cinnamon

Fresh Herbs
- coriander
- thyme
- parsley
- mint

Canned Goods, Grains, Baking Goods, Misc

Canned Goods
- 14 oz. (400g) can of artichoke hearts
- sundried tomatoes in oil
- 2x containers vegetable stock (or vegetable stock cubes)
- 3x 14 oz. (400g) cans of chickpeas
- jar of tomato pasta sauce
- 4x 14 oz. (400g) cans of chopped tomatoes

Grains, Dried Goods
- dried barley
- quick rolled oats
- dried orzo pasta
- whole grain wraps
- ramen noodles

Sweeteners, Baking Goods
- maple syrup
- cocoa powder
- vanilla extract
- coconut sugar or monk sugar
- baking soda
- baking powder
- whole wheat flour
- almond flour

Misc/Other
- vegan vanilla protein powder
- vegan chocolate protein powder
- matcha powder
- cultured (fermented) vegetables
- (e.g. Sauerkraut)



Ripped Blueberry Smoothie

Serves 2

2 small bananas

2 cups (480ml) unsweetened soy milk

2 tbsp. almond butter

2 cups (300g) frozen blueberries

1 scoop vegan vanilla protein powder

1 handful spinach

What You Need To Do

1. Place all ingredients into a blender and blend on high speed until smooth. Serve between 2 glasses.

Tip: To add sweetness , you can add 1 tablespoon of maple syrup.

GF | DF | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	379	12	55	20

*Nutrition per serving

myfitnesspal



Citrus Green Smoothie Burst

Serves 2

- 2 cups (60g) spinach
- 1 inch (2.5cm) piece of ginger
- 2 large grapefruits
- 1 cup (240ml) water
- 2 cups (280g) frozen mangos
- ½ lime
- 1 large celery stalk
- 1 apple
- 2 tbsp. hemp seeds

What You Need To Do

1. Juice the grapefruits and ½ of a lime and pour the juice into a blender.
2. Peel and chop the ginger. Cut up the apple and celery into large pieces. Place all the remaining ingredients into a blender, including the water. Blend until smooth. Serve between 2 glasses.

GF DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	367	7	75	13

*Nutrition per serving

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Chocolate Blender Protein Pancakes

Serves 3

1 cup (90g) quick rolled oats

3 tbsp. cocoa powder

2 tbsp. vegan chocolate protein powder

1 tsp. baking powder

½ medium banana

1 tbsp. flax meal (ground flax seed)

2 tbsp. water

1 tbsp. vegan butter

1 ⅓ cup (320ml) unsweetened soy or almond milk

2 tbsp. maple syrup

What You Need To Do

1. To make the flax egg, start by mixing the flax meal and water in a small bowl and set aside.
2. Melt the vegan butter on the stove or in the microwave.
3. Pour the soy milk, flax egg and maple syrup into a blender. Then add in the rolled oats, banana, cocoa powder, chocolate protein powder and baking powder. Blend to a smooth consistency.
4. Heat a non-stick frying pan to a medium heat. Grease the pan with a little oil. Spoon in a little of the pancake batter and cook the pancakes until they start to bubble on one side. Flip the pancake over and cook for a further minute on the second side or until cooked through. Repeat this process for all the pancakes.
5. Serve the pancakes warm with a little maple syrup or vegan butter.

GF | DF | MP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	300	9	42	12

*Nutrition per serving

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Energising Matcha Chia Pudding

Serves 3

8 tbsp. chia seeds

2 cups (480ml) unsweetened soy or almond milk

2 tsp. maple syrup

1 tsp. matcha powder

½ tsp. vanilla extract

2 cups (380g) fresh berries of choice

1 apple

What You Need To Do

1. Place the chia seeds, matcha powder, vanilla extract, maple syrup and soy milk into a bowl and mix well to combine. Place the bowl into the fridge overnight.
2. Layer the matcha pudding into 3 glasses and top with chopped berries and apple slices.

Tips:

- For added protein, serve with an extra tablespoon of granola or hemp seeds.
- Don't like matcha, then omit it.
- Preparation is 5 minutes plus soak chia seeds overnight.

GF | DF | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	313	13	42	11

*Nutrition per serving

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Vegan Scramble

Serves 2

12 oz. (340g) extra firm tofu, drained and pressed

½ red onion

½ avocado

3 cups (90g) spinach

½ red bell pepper

¼ cup (12g) coriander leaf

2 cloves garlic

2 tsp. maple syrup

½ lime

1 large tomato

2 tbsp. vegan feta cheese

Ground Spices:

1 tbsp. nutritional yeast

¾ tsp. ground turmeric

¼ tsp. salt

½ tsp. onion powder

¼ tsp. ground cumin

pinch of black pepper

What You Need To Do

1. Chop the red onion, coriander, red bell pepper, garlic, and spinach and place into a bowl.
2. Take the pressed tofu and crumble it into a preheated, lightly greased frying pan. Cook on a medium heat and add in the ground spices. Add the vegetables and maple syrup to the pan and sauté for 5-8 minutes until the vegetables have softened and the spinach has wilted.
3. Divide between 2 plates and serve with a sliced tomato and avocado. Squeeze some lime juice over tofu and top with the coriander leaf and vegan feta cheese.

Tips:

- Replace the whole sliced tomato with a slice of sprouted grain toast if preferred.
- Nutrition info is with sliced tomato.

GF | DF | MP | HP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	8 mins	327	19	27	27

*Nutrition per serving

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Curry Chickpea Lettuce Wraps

Serves 2

19 oz. (540ml) canned chickpeas

8 large lettuce leaves of choice

½ red bell pepper

½ medium red onion

½ tsp. curry powder

¼ tsp. ground cumin

½ tsp. maple syrup

3 tbsp. vegan mayonnaise

pinch of salt

¼ cup (12g) coriander leaf

mint or coriander for garnish

What You Need To Do

1. Mash the chickpeas in a large bowl. Finely chop the red onion and the coriander leaf.
2. Mix the ground cumin, curry powder, maple syrup, coriander leaf, red onion, pinch of salt and mayonnaise into mashed chickpeas.
3. Wash and dry the lettuce leaves. Divide the chickpea mixture between the 8 lettuce leaves. Slice the red bell pepper and place on top of the lettuce wraps and garnish with chopped mint or coriander.

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GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	0 mins	367	17	42	13

*Nutrition per serving


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Orzo Italian Pasta Salad

Serves 2

1 cup (210g) dried orzo pasta

14 oz. (400g) canned artichoke hearts

10 sundried tomatoes, rehydrated

½ small sweet onion

¼ cup (12g) chopped parsley

2 handfuls spinach

½ small red pepper

1 clove garlic, crushed

4 tbsp. lite Italian salad dressing of choice

What You Need To Do

1. Bring a medium-sized saucepan of water to a boil. Add in the pasta and cook for 10 minutes or per the manufacturer's instructions.
2. Meanwhile, drain and chop the artichoke hearts. Finely chop the sundried tomatoes, red pepper and onion.
3. Once the pasta has cooked, drain and pour into a large bowl. Mix the spinach into the hot pasta until it wilts slightly. Now add in the sundried tomatoes, onion, parsley, red pepper, crushed garlic, artichoke hearts and salad dressing. Mix well and serve.

Tips:

- To add in more protein, replace the orzo pasta with lentil pasta.
- To reduce carbohydrates, omit the pasta and substitute for green leaf lettuce.
- Nutrition info is with a lite Italian dressing

GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	362	4	72	18

*Nutrition per serving

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Roasted Glow Bowl

Serves 2

½ small cauliflower

1 head of broccoli

4 cups (170g) mixed greens

2 tbsp. sunflower seeds

2 tbsp. hemp seeds

¼ cup (35g) cultured (fermented) vegetables of choice (e.g. Sauerkraut)

2 tsp. avocado oil

salt and pepper

Dressing:

3 tbsp. hummus

2 tbsp. water

What You Need To Do

1. Preheat the oven to 350°F (180°C). Chop the cauliflower and broccoli florets into medium-sized pieces and place onto a baking sheet lined with parchment paper. Sprinkle the cauliflower and broccoli with salt and pepper and a drizzle of avocado oil. Bake for 15 minutes until the vegetables start to brown at the edges.
2. Place the greens into two separate bowls. Make the dressing by whisking the hummus and water together in a small bowl. Set aside.
3. Top the greens with the roasted broccoli and cauliflower. Sprinkle the bowls with sunflower seeds and hemp seeds. Top with the cultured vegetables and hummus dressing.

GF | DF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	15 mins	199	12	17	11

*Nutrition per serving

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Vegan ‘BLT’ Wrap

Serves 2

2 whole-grain wraps

½ avocado

2 small tomatoes

2 cups (60g) lettuce

6-8 strips vegan smoked tempeh or vegan bacon

2 tsp. Dijon mustard

What You Need To Do

1. Take the smoked tempeh or bacon and cut into thin strips. Place a non-stick frying pan over a medium heat and spray the pan with a little oil. Cook the smoked tempeh or bacon on each side for 2 minutes until crispy.
2. Meanwhile, slice the tomatoes and avocado. Spread the whole-grain wraps with mustard. (You can also add vegan mayo if preferred.) Top the wraps with lettuce, tomatoes, avocado, and smoked tempeh or bacon. Roll up the wrap and serve immediately.

Tip: To reduce carbohydrates, use a lettuce wrap instead of a whole grain wrap.

DF | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	444	18	50	20

*Nutrition per serving

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Roasted Tomato & Barley Soup

Serves 4

4 lbs. (1.8kg) small tomatoes on the vine

¾ cup (150g) uncooked barley

2 cups (480ml) vegetable stock

1 medium onion

1 tbsp. avocado oil

4 cloves garlic, crushed

2 tsp. fresh thyme

¼ cup (12g) freshly chopped parsley

1 tbsp. coconut sugar

salt & pepper

Spicy Chickpea Croutons:

14 oz. (400g) canned chickpeas

10 drops sriracha sauce or a few sprinkles of sriracha seasoning

What You Need To Do

1. Preheat the oven to 350°F (180°C). Remove the tomatoes from the vines and cut in half or quarters and place on a baking sheet. Sprinkle the tomatoes with salt and pepper and a drizzle of olive oil (optional) and bake in the oven for 35 minutes until soft.
2. While the tomatoes are baking, prepare the barley by placing it in a sieve and rinsing it under cold running water. Place the barley into a saucepan and cover with water until 1-inch (5cm) above the barley. Bring to the boil then reduce the heat to low and allow to simmer uncovered for 35 minutes.
3. Drain the chickpeas and place them on a baking tray. Toss them with sriracha sauce and a sprinkle of salt and pepper. Place the tray into the oven and bake the chickpeas for the last 10 minutes of the tomato cooking time.
4. Sauté the onion, crushed garlic, and thyme in a large soup pan. Add in 1 tablespoon of avocado oil (you can also substitute it with 1 tablespoon of vegetable stock), and sauté until the onions become translucent. Pour in ¼ of the whole roasted tomatoes and stir well.
5. Place the remaining tomatoes into a blender and blitz to smooth and pour into the soup. Add in the drained barley, chopped parsley, vegetable stock, coconut sugar and season with salt and black pepper to taste. Mix well to combine, bring to a boil and turn the heat down and allow to simmer gently for 10 minutes.
6. Serve the soup in bowls, topped with chickpea croutons.

Optional: To reduce fat, you can topped with grating of vegan Parmesan and a green side salad.

DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	50 mins	340	6	65	12

*Nutrition per serving

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Thai Peanut Stir Fry

Serves 4

1 red bell pepper

½ small purple cabbage

½ medium yellow onion

1 ½ cups (230g) edamame beans (or substitute for tofu)

1 large handful of spinach

10 oz. (280g) ramen noodles

½ cup (25g) chopped coriander

roasted peanuts (optional)

Peanut sauce (you can also sub for store-bought Thai peanut sauce):

3 tbsp. peanut butter

1 lime, juiced

4 tbsp. soy sauce or coconut aminos

3 cloves garlic, crushed

3 tsp. maple syrup

10 drops hot sauce

What You Need To Do

1. Place a large saucepan of water on the stove and bring to a boil. While waiting for the water to boil, slice the peppers, cabbage and onion into long thin strips.
2. Make the peanut sauce by mixing peanut butter, lime juice, soy sauce, crushed garlic, maple syrup, and hot sauce in a small bowl and stirring well to combine.
3. Once the water is boiling, place the ramen noodles into the water and cook as per instructions on the packaging. While the noodles are cooking, sauté the cabbage, red pepper, spinach, onion, and edamame beans for 2 minutes in a large frying pan over medium heat. Add the peanut sauce to the vegetables and mix well. Continue cooking until the vegetables are fully cooked, approximately 5-10 minutes.
4. Drain the noodles and add into the frying pan. Stir well to combine.
5. To serve, place the vegetables and noodles into a large bowl, top with chopped coriander. You can also add some roasted peanuts and a little soy sauce.

GF | DF | MP | HP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	429	12	64	22

*Nutrition per serving

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Crispy Zucchini Pasta Bake

Serves 4

4 medium zucchinis

2 cups (450g) tomato pasta sauce of choice

¼ cup (35g) vegan mozzarella cheese

⅛ cup (10g) vegan Parmesan

salt and pepper

Filling:

12 oz. (340g) pack extra firm tofu pressed and drained

10 sundried tomatoes packed in oil

2 tbsp. nutritional yeast

¼ cup (12g) chopped parsley

4 tbsp. vegan Parmesan (store-bought)

1 tbsp. lemon juice

3 cloves garlic

Side green salad:

4 cups (300g) lettuce

4 cups (300g) vegetables of choice

4 tbsp. salad dressing of choice

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What You Need To Do

1. Preheat the oven to 350°F (180°C). Slice the zucchinis lengthwise into long thin strips. Sprinkle each slice with a little salt and place onto a baking tray lined with a paper towel. Set aside to allow the salt to extract any excess water from the zucchinis.
2. Place the drained and pressed tofu, sundried tomatoes, nutritional yeast, chopped parsley, vegan Parmesan, lemon juice, and garlic cloves into a food processor. Season to taste with salt and black pepper and pulse to rough consistency.
3. Pour 2 cups of pasta sauce into a cast iron or oven-proof pan and set aside. Pat off excess water from the zucchini slices. Spread out 2-3 tablespoon of the tofu filling along each of the zucchini slices. Roll up the zucchini with the filling and place into the cast iron pan. Repeat this process until all the zucchini slices are filled.
4. Sprinkle with vegan Parmesan and vegan mozzarella. Place the pan into the oven and bake for 35-40 minutes or until pasta sauce is bubbling in the middle.
5. Serve with a side green salad of choice.

Note: Nutrition info is with side salad & dressing.

GF | DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	35-40 mins	341	15	36	18

*Nutrition per serving



Creamy Moroccan Stew

Serves 4

1 cup (140g) raw cashews

2 cups (480ml) water

1 onion

4 cloves garlic

4 celery stalks

4 medium carrots

¾ cup (140g) red split lentils

3 cups (720ml) vegetable stock

4 x 14 oz. (400g) canned chopped tomatoes

4-6 tsp. Moroccan spice blend of choice

¼ tsp. ground cayenne pepper

⅛ tsp. ground pepper

¼ tsp. salt

¼ tsp. ground cinnamon

lime juice (optional)

freshly chopped coriander (optional)

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What You Need To Do

1. Place the cashew into a bowl, cover with water and allow to soak overnight in the fridge.
2. When ready to make the soup, drain the cashews and place them into a blender. Add one cup of water and blend until smooth.
3. Chop the onions, carrots, and celery and crush the garlic cloves. Heat 1 tablespoon of vegetable stock in a saucepan and gently sauté the onions, carrots and celery for 2 minutes. Then add in the garlic and stir for a further minute.
4. Pour in the chopped tomatoes, vegetable stock, 4 teaspoons of Moroccan spice blend, cayenne pepper, salt, ground pepper, cinnamon, and lentils. Mix well and bring to a boil. Reduce the heat and allow to simmer for 15 minutes. Taste the stew and add more Moroccan spice blend if needed. Pour the cashew cream into the stew and allow it to simmer on low for another 5-10 minutes until the lentils have softened.
5. Divide the stew between 4 bowls and serve with a squeeze of lime juice, freshly chopped coriander and tomatoes.

Tip: To add in more calories, carbohydrate and protein, serve over a bed of cooked quinoa.

Note: Preparation time is 15 minutes plus time to soak cashews overnight.

GF DF MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	20 mins	278	15	26	15

*Nutrition per serving



Banana Blueberry Whole Wheat Muffins

Serves 12

4 overripe bananas

1 cup (240ml) unsweetened soy milk

1 tsp. apple cider vinegar

2 tbsp. flax meal

4 tbsp. water

1 tsp. vanilla extract

¼ cup (55g) avocado oil

2 cups (240g) whole wheat flour

½ tsp. ground cinnamon

1 tsp. baking powder

½ tsp. baking soda

½ cup (90g) monk fruit sugar or coconut sugar

½ cup (95g) blueberries

What You Need To Do

1. Preheat the oven to 350°F (180°C) and line a muffin tin with paper liners.
2. To make the flax eggs, mix the flax meal with 4 tablespoon of water, stir well and set aside. Mix the soy milk in a separate bowl with the apple cider vinegar and set aside.
3. In a large bowl, mix together all the dry ingredients (flour, baking soda, baking powder, cinnamon and sugar).
4. Mash the bananas in a medium-sized bowl and pour in the flax eggs, soy milk, vanilla extract and oil. Mix well with a large spoon.
5. Form a well in the dry ingredients and pour in the wet banana mixture. Fold the ingredients together until just incorporated and then add in blueberries. Gently fold through the blueberries until just mixed. Do not over mix the muffin batter.
6. Place ¼ cup of batter in each muffin liner. Once filled, place the tray in the oven and bake for 22-25 minutes until a toothpick inserted into the muffin comes out clean.
7. Remove the muffins from the oven and allow to cool on the wire rack. Once cool, place the muffins in an airtight container where they will keep for 2 days (longer if stored in the fridge).

DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	22-25 mins	193	6	33	4

*Nutrition per serving

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Lemon Poppy Seed Bliss Balls

Makes 16

3 cups (336g) almond flour

2 tbsp. vegan vanilla protein powder

2 tbsp. poppy seeds

zest of 1 lemon

1 ½ tbsp. lemon juice

⅓ cup (115g) maple syrup

What You Need To Do

1. Mix all ingredients together in a bowl. Roll the mixture into 16, 1 inch balls. Store in the fridge in an airtight container.

GF | DF | LC | MP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	150	11	10	5

*Nutrition per serving

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