THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1200-1800 CALORIE VEGAN MEAL PLANS

WWW.THESCULPTEDVEGAN.COM



The health and fitness information presented in this pdf is an educational resource and is not intended as a substitute for medical advice. Consult your doctor or healthcare professional before performing any of the exercises described in this book or any other exercise programme, particularly if you are pregnant, or if you are elderly or have chronic or recurring medical conditions. Do not attempt any of the exercises while under the influence of alcohol or drugs. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert. Neither the author of the information nor the producer nor distributors of such information make any warranty of any kind in regard to the content of the information presented in this book.

This program may contain affiliate links which means The Sculpted Vegan will receive a small commission if you choose to purchase using those links. This is at no additional cost to you.

To learn more please visit our website
thesculptedvegan.com

OUR GIFT TO YOU



CONTENTS

How to Use These Meal Plans	5
1200 Calorie Meal Plan	6
1200 Calorie Meal Plan	22
1300 Calorie Meal Plan	41
1400 Calorie Meal Plan	58
1500 Calorie Meal Plan	74
1600 Calorie Meal Plan	96
1700 Calorie Meal Plan	114
1800 Calorie Meal Plan	133
Additional Resources	154
Apparel	155



How to use this meal plan

The recipes in this meal plan constitute one day of eating and you will eat five times a day.

The five meal categories that comprise your daily calorie intake are:

- **Breakfast**
- **Post Workout**
- **Lunch**
- **Dinner**
- **Evening Snack**

Choose one recipe from each meal category option and eat at any time of the day, within a 24 hour period.

If you prefer to batch cook, simply multiply the ingredients by seven and that will make seven meals. Put half in the fridge, and freeze the rest. Take your frozen meals out the night before you need them.

You cannot replace a meal with one from another category. For example, you cannot have two lunch meals instead of a breakfast meal as this will throw the macros off. One meal must be chosen from each category for each meal. You can, of course, change the order of the meals. You just cannot skip choosing from one category. You cannot swap recipes between plans, such as the vegan and non vegan plan.

Breakfast Recipes

Savory Tofu Scramble on Wholemeal Toast

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 140g (5 oz) extra firm tofu, crumbled
- 1 slice wholemeal toast
- 1 tsp garlic infused olive oil
- 1 tsp vegan butter
- 1 tbsp nutritional yeast
- 1 tbsp soy sauce
- Salt & pepper, to taste
- Fresh parsley, chopped (optional, for garnish)

METHOD

1. Prepare the Tofu Scramble:

- Heat the garlic infused olive oil in a non-stick skillet over medium heat.
- Add the crumbled tofu to the skillet and immediately drizzle with soy sauce.
- Cook, stirring frequently, for about 5-7 minutes until the tofu is heated through and slightly browned.

2. Add Nutritional Yeast:

- Sprinkle the nutritional yeast over the tofu scramble.
- Stir well to combine and cook for an additional 1-2 minutes.
- Season with salt and pepper to taste.

3. Toast the Bread:

- While the tofu is cooking, toast the slice of wholemeal bread until golden brown.
- Spread the vegan butter on the hot toast.

4. Assemble the Dish:

- Place the buttered toast on a plate.
- Spoon the tofu scramble on top of the toast.
- Garnish with chopped fresh parsley if desired.

Tofu and Spinach Breakfast Toast

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

- 140g (5 oz) extra firm tofu, crumbled
- 1 slice wholemeal toast
- 1 tsp garlic infused olive oil
- 1 tsp vegan butter
- 1 tbsp nutritional yeast
- 1 tbsp soy sauce
- 50g (2 oz) fresh spinach, roughly chopped
- Salt & pepper, to taste
- Fresh parsley, chopped (optional, for garnish)

METHOD

1. Prepare the Tofu:

- Heat the garlic infused olive oil in a non-stick skillet over medium heat.
- Add the crumbled tofu to the skillet and immediately drizzle with soy sauce.
- Cook, stirring frequently, for about 5 minutes until the tofu is heated through and slightly browned.

2. Add Spinach and Nutritional Yeast:

- Add the chopped spinach to the skillet with the tofu.
- Cook for an additional 2-3 minutes, stirring until the spinach is wilted.
- Sprinkle the nutritional yeast over the tofu and spinach mixture.
- Stir well to combine and cook for another 1-2 minutes.
- Season with salt and pepper to taste.

3. Toast the Bread:

- While the tofu and spinach are cooking, toast the slice of wholemeal bread until golden brown.
- Spread the vegan butter on the hot toast.

4. Assemble the Dish:

- Place the buttered toast on a plate.
- Spoon the tofu and spinach mixture on top of the toast.
- Garnish with chopped fresh parsley if desired.

Post Workout Recipes

Frozen Protein Smoothie Bowl

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150 ml (5 fl oz) water (adjust for desired consistency)
- A pinch of cinnamon (optional)
- Stevia, to taste (optional)

METHOD

1. Blend the Base:

- In a blender, combine the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a pinch of cinnamon and a few drops of Stevia if desired.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if it's too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a bowl.
- Optionally, sprinkle a little extra cinnamon on top for garnish.

Green Super Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150 ml (5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)
- Juice of 1 lemon
- 1 large handful of fresh spinach

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, water, lemon juice, and spinach.
- Add a few drops of Stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.
- Enjoy immediately.

Lunch Recipes

Red Lentil and Vegetable Soup

Serves 1

Prep time: 20 minutes

Cook time: 35 minutes

INGREDIENTS

- 1/2 tbsp olive oil
- 15 g (0.5 oz) red lentils
- 1 celery stalk, chopped
- 1 medium carrot, diced
- 1 small onion, chopped
- 1 tsp fresh ginger, grated
- 1 clove fresh garlic, minced
- 1 tbsp fresh coriander, chopped
- 200ml (7 fl oz) vegetable stock
- Salt & pepper, to taste

METHOD

1. Prepare the Vegetables:

- Chop the celery, carrot, and onion.
- Grate the fresh ginger and mince the garlic.

2. Sauté the Aromatics:

- Heat the olive oil in a pot over medium heat.
- Add the chopped onion, grated ginger, and minced garlic.
- Sauté for 3-4 minutes until the onion becomes translucent and fragrant.

3. Add Vegetables and Lentils:

- Add the chopped celery and diced carrot to the pot.
- Stir well and cook for another 3-4 minutes.
- Add the red lentils and stir to combine.

Recipe Continues

4. Simmer the Soup:

- Pour in the vegetable stock.
- Bring the mixture to a boil, then reduce the heat to low and let it simmer for 20-25 minutes until the lentils and vegetables are tender.

5. Season and Serve:

- Taste the soup and adjust the seasoning with salt and pepper.
- Stir in the chopped fresh coriander.
- Serve hot, garnished with additional fresh coriander if desired.

Hearty Vegetable and Red Lentil Casserole

Serves 1

Prep time: 20 minutes

Cook time: 40 minutes

INGREDIENTS

- 1/2 tbsp olive oil
- 15 g (0.5 oz) red lentils
- 1 celery stalk, chopped
- 1 medium carrot, diced
- 1 small onion, chopped
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 1 clove fresh garlic, minced
- 1 tsp fresh ginger, grated
- 100 ml (3.5 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Vegetables:

- Chop the celery, carrot, onion, broccoli, cauliflower, and green beans.
- Mince the garlic and grate the ginger.

2. Sauté the Aromatics:

- Preheat your oven to 180°C (350°F).
- In a non-stick skillet over medium heat, add the olive oil.
- Add the chopped onion, minced garlic, and grated ginger.
- Sauté for 3-4 minutes until the onion becomes translucent and fragrant.

3. Combine Ingredients for Casserole:

- In a mixing bowl, combine the red lentils, celery, carrot, broccoli, cauliflower, and green beans with the sautéed aromatics.
- Season with salt and pepper to taste.
- Transfer the mixture to a small oven-safe baking dish.

Recipe Continues

4. Add Vegetable Stock:

- Pour the vegetable stock over the vegetable and lentil mixture in the baking dish.
- Stir gently to ensure the stock is evenly distributed.

5. Bake the Casserole:

- Cover the baking dish with foil and place it in the preheated oven.
- Bake for 25-30 minutes until the lentils are tender and the vegetables are cooked through.
- Remove the foil and bake for an additional 5-10 minutes to allow the top to brown slightly.

6. Serve:

- Remove the casserole from the oven and let it cool slightly.
- Sprinkle with chopped fresh parsley before serving.

Lentil Wraps with Fresh Vegetable Filling

Serves 1

Prep time: 25 minutes

Cook time: 45 minutes

INGREDIENTS

- 1/2 tbsp olive oil
- 15 g (0.5 oz) red lentils
- 1 celery stalk, chopped
- 1 medium carrot, diced
- 1 small onion, chopped
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 1 clove fresh garlic, minced
- 1 tsp fresh ginger, grated
- 100 ml (3.5 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- Salt & pepper, to taste
- Mixed salad greens
- Cherry tomatoes, halved
- Cucumber, sliced
- Bell pepper, sliced
- Fresh herbs (optional, for garnish)

METHOD

1. Cook the Lentils:

- Rinse the red lentils under cold water.
- In a pot, add the lentils and vegetable stock.
- Bring to a boil, then reduce heat and simmer for about 15-20 minutes until the lentils are soft and the water is mostly absorbed.
- Drain any excess water and let the lentils cool slightly.

2. Prepare the Lentil Wraps:

- Blend the cooked lentils in a food processor until smooth, adding a little water if necessary to achieve a batter-like consistency.
- Heat a non-stick skillet over medium heat.
- Pour a small amount of lentil batter into the skillet, spreading it out thinly to form a wrap.
- Cook for 2-3 minutes on each side until lightly browned and set.
- Repeat with the remaining batter to make additional wraps.

Recipe Continues

3. Prepare the Vegetables:

- Chop the celery, carrot, onion, broccoli, cauliflower, and green beans.
- Mince the garlic and grate the ginger.
- Heat the olive oil in a non-stick skillet over medium heat.
- Add the garlic and ginger, sautéing until fragrant, about 1-2 minutes.
- Add the chopped vegetables to the skillet.
- Sauté for 5-7 minutes until the vegetables are tender but still crisp.
- Season with salt and pepper to taste.

4. Prepare the Fresh Vegetables:

- Wash and prepare the salad greens.
- Halve the cherry tomatoes.
- Slice the cucumber and bell pepper.

5. Assemble the Wraps:

- Lay out the lentil wraps.
- Place a portion of the sautéed vegetable mixture in the center of each wrap.
- Add a handful of mixed salad greens, cherry tomatoes, cucumber slices, and bell pepper slices.
- Sprinkle with chopped fresh parsley and any additional fresh herbs if desired.

6. Serve:

- Fold the wraps around the filling and serve immediately.

Seitan Chicken and Vegetable Rice Casserole*

*See page 152 for seitan recipe

Serves 1

Prep time: 20 minutes

Cook time: 40 minutes

INGREDIENTS

- 1 serve seitan chicken
- 15g (1/2 oz) uncooked basmati rice
- 1 small onion, chopped
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 1 clove fresh garlic, minced
- 1 tsp fresh ginger, grated
- 200ml (7 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- 1 tsp fresh thyme, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Seitan Chicken and Vegetables:

- Preheat the oven to 180°C (350°F).
- Chop the onion, broccoli, cauliflower, and green beans.
- Mince the garlic and grate the ginger.
- Slice the seitan chicken into bite-sized pieces.

2. Sauté the Aromatics:

- In a non-stick skillet over medium heat, add the chopped onion, minced garlic, and grated ginger. Add a little vegetable stock if it starts to stick.
- Sauté for 3-4 minutes until the onion becomes translucent and fragrant.

Recipe Continues

3. Combine Ingredients for Casserole:

- In a mixing bowl, combine the uncooked basmati rice, broccoli florets, chopped cauliflower, green beans, and sautéed aromatics.
- Add the seitan chicken pieces.
- Season with salt, pepper, fresh parsley, and thyme.
- Transfer the mixture to a small oven-safe baking dish.

4. Add Vegetable Stock:

- Pour the vegetable stock over the mixture in the baking dish.
- Stir gently to ensure the stock is evenly distributed.

5. Bake the Casserole:

- Cover the baking dish with foil and place it in the preheated oven.
- Bake for 25-30 minutes until the rice is cooked and the vegetables are tender.
- Remove the foil and bake for an additional 5-10 minutes to allow the top to brown slightly.

6. Serve:

- Remove the casserole from the oven and let it cool slightly.
- Serve hot, garnished with additional fresh parsley if desired.

Seitan Chicken and Vegetable Risotto*

*See page 152 for seitan recipe

Serves 1

Prep time: 20 minutes

Cook time: 40 minutes

INGREDIENTS

- 1 serve seitan chicken
- 15g (1/2 oz) uncooked basmati rice
- 1 small onion, chopped
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 1 clove fresh garlic, minced
- 1 tsp fresh ginger, grated
- 300ml (10 fl oz) vegetable stock, kept warm
- 1 tbsp fresh parsley, chopped
- 1 tsp fresh thyme, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Seitan Chicken and Vegetables:

- Chop the onion, broccoli, cauliflower, and green beans.
- Mince the garlic and grate the ginger.
- Slice the seitan chicken into bite-sized pieces.

2. Sauté the Aromatics:

- In a non-stick skillet over medium heat, add the chopped onion, minced garlic, and grated ginger. Add a little vegetable stock if it starts to stick.
- Sauté for 3-4 minutes until the onion becomes translucent and fragrant.

3. Cook the Seitan Chicken:

- Add the sliced seitan chicken to the skillet and cook for another 3-4 minutes until lightly browned.
- Remove the seitan chicken from the skillet and set aside.

Recipe Continues

4. Cook the Rice:

- Add the uncooked basmati rice to the skillet with the sautéed aromatics.
- Stir to coat the rice with the oil and cook for 1-2 minutes until the rice becomes slightly translucent.

5. Add Vegetable Stock:

- Begin adding the warm vegetable stock to the rice one ladleful at a time, stirring frequently.
- Wait until most of the stock is absorbed before adding more.
- Continue this process until the rice is creamy and tender, about 20-25 minutes.

6. Add Vegetables and Seitan Chicken:

- When the rice is almost done, stir in the broccoli florets, chopped cauliflower, and green beans.
- Continue to cook, stirring, until the vegetables are tender and the rice is fully cooked.
- Add the cooked seitan chicken back to the skillet.

7. Season and Serve:

- Season the risotto with salt, pepper, fresh parsley, and thyme.
- Stir well to combine all the ingredients.
- Serve hot, garnished with additional fresh parsley if desired.

Evening Snack Recipes

Vegan Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150ml (5 fl oz) water
- A pinch of cinnamon (optional)
- Stevia, to taste (optional)

METHOD

1. Prepare the Base:

- In a blender, combine the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a pinch of cinnamon and a few drops of Stevia if desired.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if it's too thick or more ice cubes if it's too thin.

3. Freeze:

- Pour the blended mixture into a shallow, freezer-safe container.
- Place in the freezer for 2-3 hours, stirring every 30 minutes to break up any ice crystals and ensure a smooth texture.

4. Serve:

- Once the mixture has reached your desired ice cream consistency, scoop into a bowl.
- Optionally, sprinkle a little extra cinnamon on top for garnish and enjoy immediately.

Vegan Wondershake Smoothie

Serves 1

Prep time: 5 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150ml (5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a few drops of Stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.
- Enjoy immediately.

Breakfast Recipes

Blueberry Chia Oatmeal

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 25g (1 oz) oats
- 50ml (2 fl oz) soya milk
- 50g (2 oz) blueberries
- 1 tsp chia seeds
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- Pinch of salt

METHOD

1. Prepare the Base

- In a small pot, combine the oats, soya milk, and a pinch of salt.
- Add the ground cinnamon and vanilla extract to the pot.

2. Cook the Oatmeal

- Heat the mixture over medium heat, stirring occasionally.
- Cook for 5-7 minutes, or until the oats have absorbed the milk and reached a creamy consistency.

3. Add Blueberries and Chia Seeds

- Stir in the blueberries and chia seeds.
- Continue to cook for an additional 1-2 minutes until the blueberries start to soften and release their juices.

4. Serve

- Transfer the oatmeal to a bowl.
- Optionally, garnish with a sprinkle of cinnamon on top.

Blueberry Oat Chia Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) oats
- 50ml (2 fl oz) soya milk
- 50g (2 oz) blueberries
- 1 tsp chia seeds
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 100ml (4 fl oz) water
- 4-5 ice cubes

METHOD

1. Prepare the Ingredients

- Measure out the oats, soya milk, blueberries, and chia seeds.

2. Blend the Ingredients

- In a blender, combine the oats, soya milk, blueberries, chia seeds, ground cinnamon, vanilla extract, water, and ice cubes.
- Blend on high speed until the mixture is smooth and creamy.

3. Serve

- Pour the smoothie into a glass and enjoy!

Blueberry Chia Overnight Oats

Serves 1

Prep time: minutes (plus chilling time)

INGREDIENTS

- 25g (1 oz) oats
- 50ml (2 fl oz) soya milk
- 50g (2 oz) blueberries
- 1 tsp chia seeds
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract

METHOD

1. Combine Ingredients

- In a jar or container, mix the oats, soya milk, chia seeds, ground cinnamon, and vanilla extract.
- Stir well to ensure all ingredients are evenly distributed.

2. Add Blueberries

- Gently fold in the blueberries, mixing them through the oat mixture.

3. Refrigerate Overnight

- Cover the jar or container with a lid.
- Place in the refrigerator and let it sit overnight, or for at least 6 hours, allowing the oats to soften and absorb the liquid.

4. Serve

- In the morning, give the oats a good stir.
- If the mixture is too thick, you can add a splash of water to reach your desired consistency.
- Optionally, top with a sprinkle of cinnamon before serving.

Post Workout Recipes

Frozen Protein Smoothie Bowl

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150ml (5 fl oz) water (adjust for desired consistency)
- A pinch of cinnamon (optional)
- Stevia, to taste (optional)

METHOD

1. Blend the Base:

- In a blender, combine the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a pinch of cinnamon and a few drops of Stevia if desired.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if it's too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a bowl.
- Optionally, sprinkle a little extra cinnamon on top for garnish.

Vegan Wondershake Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150ml (5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a few drops of Stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.
- Enjoy immediately.

Lunch Recipes

Tofu and Butter Bean Stir-Fry with Green Vegetables

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

- 140g (5 oz) extra firm tofu, cubed
- 150g (5 oz) butter beans, drained and rinsed
- 1/2 tbsp olive oil
- 100g (4 oz) broccoli florets
- 100g (4 oz) kale, chopped
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 1 tsp lemon juice
- 200ml (7 fl oz) vegetable stock
- Salt & pepper, to taste
- Fresh parsley or cilantro, chopped (optional, for garnish)

METHOD

1. Prepare the Tofu

- Drain and press the extra firm tofu to remove excess moisture. Cut into 1-inch cubes.

2. Sauté the Aromatics

- In a non-stick skillet, heat the olive oil over medium heat.
- Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.

3. Cook the Tofu and Butter Beans

- Add the cubed tofu to the skillet and cook until it is golden brown on all sides, about 5-7 minutes.
- Add the butter beans and continue to cook for another 2-3 minutes, stirring occasionally.

Recipe Continues

4. Add Vegetables and Seasoning

- Add the broccoli florets and chopped kale to the skillet. Pour in the vegetable stock and soy sauce.
- Stir to combine and cook for about 5 minutes, or until the vegetables are tender and the liquid has reduced slightly.
- Add the lemon juice and season with salt and pepper to taste.

5. Serve

- Transfer the tofu, beans, and vegetables to a serving plate.
- Garnish with chopped fresh parsley or cilantro if desired.

Chunky Tofu and Butter Bean Vegetable Soup

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 140g (5 oz) extra firm tofu, cubed
- 150g (5 oz) butter beans, drained and rinsed
- 1/2 tbsp olive oil
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 50g (2 oz) frozen peas
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 200ml (7 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Tofu

- Drain and press the extra firm tofu to remove excess moisture. Cut into 1-inch cubes.

2. Sauté the Aromatics

- In a large pot, heat the olive oil over medium heat.
- Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.

3. Cook the Vegetables

- Add the broccoli florets, chopped cauliflower, green beans, and frozen peas to the pot.
- Pour in the vegetable stock and soy sauce.
- Stir to combine and bring to a boil. Reduce the heat and let it simmer for 10 minutes until the vegetables are tender.

Recipe Continues

4. Add Tofu and Butter Beans

- Add the cubed tofu and butter beans to the pot.
- Simmer for another 5-7 minutes, allowing the tofu and beans to heat through.

5. Season and Serve

- Stir in the fresh lemon juice and chopped parsley.
- Season with salt and pepper to taste.
- Ladle the chunky soup into a bowl and garnish with additional parsley if desired.

Herbed Tofu and Butter Bean Casserole with Cauliflower Rice

Serves 1

Prep time: 15 minutes

Cook time: 40 minutes

INGREDIENTS

- 140g (5 oz) extra firm tofu, cubed
- 150g (5 oz) butter beans, drained and rinsed
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 50g (2 oz) frozen peas
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 200ml (7 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice
- Salt & pepper, to taste

For the Cauliflower Rice:

- 200 g (7 oz) cauliflower, grated into rice-sized pieces
- 1 clove garlic, minced
- 1 tsp fresh lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Tofu and Vegetables

- Preheat the oven to 180°C (350°F).
- Drain and press the extra firm tofu to remove excess moisture. Cut into 1-inch cubes.
- In a non-stick skillet, sauté the minced garlic and grated ginger over medium heat for 1-2 minutes until fragrant.

2. Combine Ingredients for the Casserole

- In a mixing bowl, combine the tofu cubes, butter beans, broccoli florets, chopped cauliflower, green beans, and frozen peas.
- Add the sautéed garlic and ginger to the bowl.
- Pour in the vegetable stock and soy sauce, and stir well to combine.
- Season with salt and pepper to taste.

Recipe Continues

3. Bake the Casserole

- Transfer the mixture to a small oven-safe baking dish.
- Cover with foil and bake in the preheated oven for 30 minutes.
- Remove the foil and bake for an additional 10 minutes until the top is golden brown and the vegetables are tender.

4. Prepare the Cauliflower Rice

- While the casserole is baking, prepare the cauliflower rice.
- Heat a non-stick skillet over medium heat.
- Add the grated cauliflower and minced garlic, cooking for 5-7 minutes until the cauliflower is tender.
- Stir in the lemon juice and season with salt and pepper to taste.

5. Serve

- Remove the casserole from the oven and let it cool slightly.
- Serve the tofu and butter bean casserole hot, alongside the cauliflower rice.
- Garnish with chopped fresh parsley and an extra splash of lemon juice if desired.

Dinner Recipes

Seitan Chicken Couscous Salad*

*See page 152 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 25 minutes

INGREDIENTS

- 1 serve seitan chicken
- 30g (1 oz) dried couscous
- 1/2 tbsp olive oil
- 50g (2 oz) mixed salad greens
- 50g (2 oz) cherry tomatoes, halved
- 50g (2 oz) cucumber, diced
- 1 celery stalk, chopped
- 1 spring onion, sliced
- 50g (2 oz) green beans, blanched
- 50g (2 oz) broccoli florets, blanched
- 50g (2 oz) frozen peas, thawed
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- 1 clove garlic, minced
- 1 tbsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Couscous

- Place the dried couscous in a heatproof bowl.
- Pour boiling water over the couscous just enough to cover it.
- Cover the bowl with a plate and let it sit for 5-10 minutes until the couscous absorbs the water and becomes tender.
- Fluff the couscous with a fork and set aside.

2. Cook the Seitan Chicken

- In a non-stick skillet over medium heat, add the olive oil.
- Add the minced garlic and sauté for 1-2 minutes until fragrant.
- Add the seitan chicken to the skillet and cook until it is heated through and slightly browned, about 5-7 minutes.
- Remove from heat and set aside.

Recipe Continues

3. Prepare the Vegetables

- Blanch the green beans and broccoli florets in boiling water for 2-3 minutes, then transfer them to an ice water bath to retain their color and crunch. Drain and set aside.
- In a large mixing bowl, combine the mixed salad greens, cherry tomatoes, cucumber, chopped celery, sliced spring onion, blanched green beans, blanched broccoli florets, and thawed peas.

4. Assemble the Salad

- Add the cooked couscous to the bowl with the vegetables.
- Add the seitan chicken and toss everything together gently.
- Drizzle with fresh lemon juice and season with salt and pepper to taste.
- Sprinkle the chopped fresh parsley and mint over the top and toss gently to combine.

5. Serve

- Transfer the salad to a serving plate.

Herb Tabbouleh with Seitan Chicken*

*See page 152 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 25 minutes

INGREDIENTS

- 1 serve seitan chicken
- 30g (1 oz) dried couscous
- 1/2 tbsp olive oil
- 50g (2 oz) mixed salad greens
- 50g (2 oz) cherry tomatoes, diced
- 50g (2 oz) cucumber, diced
- 1 celery stalk, finely chopped
- 1 spring onion, finely sliced
- 50g (2 oz) green beans, blanched and chopped
- 50g (2 oz) broccoli florets, blanched and chopped
- 50g (2 oz) frozen peas, thawed
- 1 tbsp fresh parsley, finely chopped
- 1 tbsp fresh mint, finely chopped
- 1 clove garlic, minced
- 1 tbsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Couscous

- Place the dried couscous in a heatproof bowl.
- Pour boiling water over the couscous just enough to cover it.
- Cover the bowl with a plate and let it sit for 5-10 minutes until the couscous absorbs the water and becomes tender.
- Fluff the couscous with a fork and set aside.

2. Cook the Seitan Chicken

- In a non-stick skillet over medium heat, add the olive oil.
- Add the minced garlic and sauté for 1-2 minutes until fragrant.
- Add the seitan chicken to the skillet and cook until it is heated through and slightly browned, about 5-7 minutes.
- Remove from heat and set aside.

Recipe Continues

3. Prepare the Vegetables

- Blanch the green beans and broccoli florets in boiling water for 2-3 minutes, then transfer them to an ice water bath to retain their color and crunch. Drain and chop them into small pieces.
- In a large mixing bowl, combine the mixed salad greens, diced cherry tomatoes, cucumber, chopped celery, sliced spring onion, blanched and chopped green beans, blanched and chopped broccoli florets, and thawed peas.

4. Combine the Ingredients

- Add the prepared couscous to the bowl with the vegetables.
- Add the cooked seitan chicken.
- Sprinkle the chopped fresh parsley and mint over the mixture.

5. Season and Toss

- Drizzle with fresh lemon juice.
- Season with salt and pepper to taste.
- Toss everything together gently to combine all the flavors.

6. Serve

- Transfer the tabbouleh to a serving plate.

Seitan Chicken with Herbed Couscous and Steamed Green Vegetables*

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 1 serve seitan chicken
- 30g (1 oz) dried couscous
- 1/2 tbsp olive oil
- 1 clove garlic, minced
- 100g (4 oz) broccoli florets
- 50g (2 oz) green beans, trimmed
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Couscous

- Place the dried couscous in a heatproof bowl.
- Pour boiling water over the couscous just enough to cover it.
- Cover the bowl with a plate and let it sit for 5-10 minutes until the couscous absorbs the water and becomes tender.
- Fluff the couscous with a fork and stir in the chopped fresh parsley, mint, and lemon juice.
- Season with salt and pepper to taste and set aside.

2. Cook the Seitan Chicken

- In a non-stick skillet over medium heat, add the olive oil.
- Add the minced garlic and sauté for 1-2 minutes until fragrant.
- Add the seitan chicken to the skillet and cook until it is heated through and slightly browned, about 5-7 minutes.
- Remove from heat and set aside.

Recipe Continues

3. Steam the Green Vegetables

- In a steamer or a pot with a steaming basket, bring water to a boil.
- Add the broccoli florets and green beans to the steamer.
- Steam for 5-7 minutes until the vegetables are tender but still crisp.
- In the last minute of steaming, add the minced garlic to the vegetables to infuse flavor.
- Remove from the steamer and season with salt and pepper to taste.

4. Serve

- Serve the cooked seitan chicken on a plate.
- Place the herbed couscous on the side.
- Arrange the steamed green vegetables with garlic on the plate as well.

Evening Snack Recipes

Frozen Protein Smoothie Bowl

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150 ml (5 fl oz) water (adjust for desired consistency)
- A pinch of cinnamon (optional)
- Stevia, to taste (optional)

METHOD

1. Blend the Base:

- In a blender, combine the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a pinch of cinnamon and a few drops of Stevia if desired.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if it's too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a bowl.
- Optionally, sprinkle a little extra cinnamon on top for garnish.

Vegan Wondershake Smoothie

Serves 1

Prep time: 5 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150 ml (5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a few drops of Stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.
- Enjoy immediately.

Breakfast Recipes

Lemon Blueberry Chia Oat Pudding

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 50ml (2 fl oz) soya milk
- 15g (1 oz) instant oats
- 2 tbsp chia seeds
- 50g (2 oz) blueberries
- 30ml (1 fl oz) lemon juice
- 1 tsp maple syrup

METHOD

1. Prepare the Chia Oat Pudding Base

- In a medium bowl, combine the soya milk, lemon juice, and maple syrup. Stir well to combine.
- Add the instant oats and chia seeds to the liquid mixture. Mix thoroughly to ensure the oats and chia seeds are evenly distributed.

2. Chill the Mixture

- Cover the bowl with a lid or plastic wrap and place it in the refrigerator.
- Let it chill overnight, or for at least 4 hours, to allow the chia seeds to absorb the liquid and create a pudding-like consistency.

3. Add the Blueberries

- Once the chia oat pudding has set, remove it from the refrigerator.
- Gently fold in the blueberries, reserving a few for garnish if desired.

4. Serve

- Transfer the chia oat pudding to a serving bowl.
- Top with the reserved blueberries for a fresh burst of flavor and a pop of color.

Blueberry Lemon Chia Parfait

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 50ml (2 fl oz) soya milk
- 15g (1 oz) instant oats
- 50g (2 oz) blueberries
- 30ml (1 fl oz) lemon juice
- 1 tsp maple syrup
- 2 tbsp chia seeds

METHOD

1. Prepare the Chia Pudding

- In a small bowl, combine the chia seeds with 25ml (1 fl oz) soya milk and 15ml (0.5 fl oz) lemon juice.
- Stir well and let it sit for about 5 minutes, allowing the chia seeds to absorb the liquid and form a gel.

2. Prepare the Oat Layer

- In another small bowl, mix the instant oats with the remaining 25ml (1 fl oz) soya milk and 15ml (0.5 fl oz) lemon juice.
- Add the maple syrup and stir well to combine.
- Let it sit for 5 minutes to soften the oats.

3. Layer the Parfait

- In a glass or jar, start by adding half of the oat mixture at the bottom.
- Add a layer of blueberries over the oats.
- Spoon half of the chia pudding over the blueberries.
- Repeat the layers with the remaining oat mixture, blueberries, and chia pudding.

4. Chill and Serve

- Cover the glass or jar and refrigerate for at least 4 hours, preferably overnight, to allow the flavors to meld and the layers to set.
- In the morning, give the parfait a gentle stir if desired.
- Serve and enjoy.

Blueberry Lemon Chia Pancakes

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 50ml (2 fl oz) soya milk
- 15g (1 oz) instant oats
- 50g (2 oz) blueberries
- 30ml (1 fl oz) lemon juice
- 1 tsp maple syrup
- 2 tbsp chia seeds
- 1/4 tsp baking soda

METHOD

1. Prepare the Chia Gel

- In a small bowl, combine the chia seeds with 3 tablespoons of water.
- Stir well and let it sit for about 5 minutes, allowing the chia seeds to absorb the water and form a gel.

2. Blend the Pancake Batter

- In a blender, combine the soya milk, instant oats, lemon juice, maple syrup, and the prepared chia gel.
- Blend until smooth and well combined.

3. Add Baking Soda and Blueberries

- Transfer the batter to a mixing bowl.
- Gently fold in the baking soda until evenly incorporated.
- Carefully fold in the blueberries, ensuring they are evenly distributed.

4. Cook the Pancakes

- Heat a non-stick skillet over medium heat.
- Pour small amounts of batter onto the skillet to form pancakes.
- Cook for about 2-3 minutes on each side, or until bubbles form on the surface and the edges look set.
- Flip and cook for another 2-3 minutes until golden brown and cooked through.

5. Serve

- Stack the pancakes on a plate and eat warm or cold.

Post Workout Recipes

Post Workout Power Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 4-5 ice cubes, and 200ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.
- Enjoy immediately.

Protein Power Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (3.5 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 4-5 ice cubes, and 100ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- The consistency should be thicker than a smoothie but still pourable. Adjust with a bit more water if needed.

3. Freeze the Mixture:

- Pour the blended mixture into a shallow, freezer-safe container.
- Place the container in the freezer for about 1-2 hours, or until the mixture starts to harden around the edges.

Recipe Continues

4. Blend Again:

- Remove the container from the freezer and blend the semi-frozen mixture again to break up ice crystals and ensure a smooth texture.
- Pour back into the container and freeze for an additional 1-2 hours.

5. Serve:

- Once fully frozen, scoop the ice cream into a bowl.
- Serve and enjoy.

NOTE: For a creamier texture, you can repeat the freezing and blending process one more time before the final freeze.

Recipe Continues

Seitan Chicken with Roasted Butternut Squash*

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) seitan chicken
- 200g (7 oz) butternut squash, peeled and cubed
- 100g (4 oz) broccoli florets or brussels sprouts, halved
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp dried thyme
- Salt & pepper, to taste
- 1 tbsp fresh parsley, chopped (optional, for garnish)

METHOD

1. Preheat the Oven

- Preheat your oven to 400°F (200°C).

2. Prepare the Vegetables

- In a mixing bowl, combine the cubed butternut squash, broccoli florets (or halved brussels sprouts), olive oil, smoked paprika, garlic powder, dried thyme, salt, and pepper.
- Toss until the vegetables are evenly coated with the oil and spices.

3. Roast the Vegetables

- Spread the butternut squash and green cruciferous vegetables in a single layer on a baking sheet.
- Place the baking sheet in the preheated oven.

Recipe Continues

- Roast for 20-25 minutes, or until the butternut squash is tender and the green vegetables are cooked through and slightly crispy, stirring halfway through the cooking time.

4. Prepare the Seitan Chicken

- While the vegetables are roasting, heat a non-stick skillet over medium heat.
- Add the seitan chicken to the skillet.
- Cook for 5-7 minutes, turning occasionally, until the seitan is heated through and slightly crispy on the edges.
- Season with salt and pepper to taste.

5. Assemble and Serve

- Once the vegetables are done roasting, remove them from the oven.
- Plate the roasted butternut squash and green cruciferous vegetables.
- Top with the cooked seitan chicken.
- Garnish with chopped fresh parsley if desired.

Seitan Chicken and Roasted Vegetable Stew*

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 40 minutes

INGREDIENTS

- 150g (5 oz) seitan chicken, sliced
- 200g (7 oz) butternut squash, peeled and cubed
- 100g (4 oz) cauliflower florets
- 50g (2 oz) zucchini, sliced
- 1/2 onion, chopped
- 1 clove garlic, minced
- 200g (7 oz) tinned tomatoes
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- Salt & pepper, to taste
- 1 tbsp fresh parsley, chopped (optional, for garnish)

METHOD

1. Preheat the Oven

- Preheat your oven to 400°F (200°C).

2. Prepare the Vegetables

- In a mixing bowl, combine the cubed butternut squash, cauliflower florets, and sliced zucchini.
- Drizzle with half of the olive oil and sprinkle with smoked paprika, dried thyme, salt, and pepper.
- Toss until the vegetables are evenly coated with the oil and spices.
- Spread the vegetables in a single layer on a baking sheet.

3. Roast the Vegetables

- Place the baking sheet in the preheated oven.
- Roast for 20-25 minutes, or until the vegetables are tender and lightly browned, stirring halfway through the cooking time.

Recipe Continues

4. Saute Onion and Garlic with Seitan

- While the vegetables are roasting, heat the remaining olive oil in a non-stick skillet over medium heat.
- Add the chopped onion and cook for 2-3 minutes until translucent.
- Add the minced garlic and cook for another minute until fragrant.
- Add the sliced seitan chicken to the skillet.
- Cook for 5-7 minutes, turning occasionally, until the seitan is heated through and slightly crispy on the edges.
- Season with salt and pepper to taste.

5. Combine and Simmer

- In a saucepan, combine the roasted vegetables and tinned tomatoes.
- Bring to a simmer over medium heat, stirring occasionally.
- Add the cooked seitan, onion, and garlic mixture to the saucepan.
- Mix well and simmer for 5-10 minutes, allowing the flavors to meld together.

6. Serve

- Pour the stew into a bowl.
- Garnish with chopped fresh parsley if desired.

Dinner Recipes

Vegan Beef Vegetable Stew with Cauliflower Steak

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 100 g (4 oz) TVP (Textured Vegetable Protein) or soya mince
- 1 medium carrot, diced
- 100 g (4 oz) zucchini, diced
- 1 tsp tomato paste
- 200 g (7 oz) tinned tomatoes
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tsp soy sauce
- 1/2 tsp dried thyme
- 1/2 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 tsp ground black pepper
- 1/2 lemon, juiced
- 200 ml (7 fl oz) vegetable stock
- Fresh parsley or mint, chopped (optional, for garnish)

For Cauliflower Steak:

- 1 large cauliflower steak
- 1 clove garlic, minced 1 tsp fresh lemon juice
- 1 tsp fresh thyme leaves (or 1/2 tsp dried thyme)
- 1/2 tsp paprika
- 1/4 tsp ground cumin Salt & pepper, to taste
- 100 ml (4 fl oz) vegetable stock

METHOD

1. Prepare the Cauliflower Steak

- Preheat your oven to 200°C (390°F).
- In a small bowl, mix the minced garlic, lemon juice, thyme, paprika, cumin, salt, and pepper.
- Place the cauliflower steak on a baking sheet lined with parchment paper.
- Rub the seasoning mixture evenly over both sides of the cauliflower steak.
- Pour the vegetable stock around the cauliflower steak on the baking sheet.
- Cover with foil and bake for 15 minutes.
- Remove the foil and bake for an additional 10 minutes, or until the cauliflower is tender and golden brown on the edges.

2. Prepare the TVP

- In a bowl, rehydrate the TVP by covering it with hot vegetable stock. Let it sit for about 10 minutes, then drain any excess liquid.

Recipe Continues

3. Sauté the Aromatics

- In a nonstick skillet over medium heat, add the minced garlic and ginger. Sauté for 12 minutes until fragrant.

4. Add the Vegetables

- Add the diced carrot and zucchini to the skillet. Cook for 57 minutes until the vegetables begin to soften.

5. Incorporate the TVP and Tomato Paste

- Stir in the rehydrated TVP and tomato paste. Cook for another 2 minutes, allowing the tomato paste to coat the vegetables and TVP evenly.

6. Add Tinned Tomatoes and Seasonings

- Add the tinned tomatoes, soy sauce, dried thyme, smoked paprika, ground cumin, and ground black pepper. Stir well to combine.

7. Simmer the Stew

- Pour in the vegetable stock and bring the mixture to a boil. Reduce the heat to low and let it simmer for 1520 minutes, allowing the flavors to meld together and the stew to thicken.

8. Add Lemon Juice

- Stir in the lemon juice just before serving to add a fresh, tangy flavor to the stew.

9. Serve

- Serve the stew in a bowl, garnished with chopped fresh parsley or mint if desired.
- Place the roasted cauliflower steak on the side or on top of the stew.

Spicy Stuffed Peppers

Serves 1

Prep time: 20 minutes

Cook time: 40 minutes

INGREDIENTS

- 100g (4 oz) TVP (Textured Vegetable Protein) or soya mince
- 1 medium carrot, diced
- 100g (4 oz) zucchini, diced
- 1 large bell pepper (any color), halved and seeds removed
- 1 tsp tomato paste
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tsp soy sauce
- 1/2 tsp dried thyme
- 1/2 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 tsp ground black pepper
- 1/2 lemon, juiced
- 200ml (7 fl oz) vegetable stock
- Fresh parsley or mint, chopped (optional, for garnish)

METHOD

1. Prepare the TVP

- In a bowl, rehydrate the TVP by covering it with hot vegetable stock. Let it sit for about 10 minutes, then drain any excess liquid.

2. Sauté the Aromatics

- In a non-stick skillet over medium heat, add the minced garlic and ginger. Sauté for 1-2 minutes until fragrant.

3. Cook the Vegetables

- Add the diced carrot and zucchini to the skillet. Cook for 5-7 minutes until the vegetables begin to soften.

4. Add the TVP and Tomato Paste

- Stir in the rehydrated TVP and tomato paste. Cook for another 2 minutes, allowing the tomato paste to coat the vegetables and TVP evenly.

Recipe Continues

5. Incorporate Seasonings

- Add the soy sauce, dried thyme, smoked paprika, ground cumin, and ground black pepper. Stir well to combine.
- Add a small amount of vegetable stock if the mixture becomes too thick. Simmer for another 5 minutes to meld the flavors together.

6. Prepare the Bell Pepper

- Preheat your oven to 375°F (190°C).
- Place the halved bell pepper on a baking sheet, cut side up.

7. Stuff the Bell Pepper

- Spoon the TVP and vegetable mixture into the bell pepper halves, packing it in firmly.

8. Bake the Stuffed Pepper

- Bake in the preheated oven for 20-25 minutes, until the bell pepper is tender and the filling is heated through.

9. Add Lemon Juice

- Drizzle the lemon juice over the stuffed bell pepper just before serving to add a fresh, tangy flavor.

10. Serve

- Plate the stuffed bell pepper.
- Garnish with chopped fresh parsley or mint if desired.

Evening Snack Recipes

Peanut Butter Celery Sticks

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 1 tbsp of peanut butter
- Celery sticks

METHOD

1. Wash and cut the celery sticks into snack-sized pieces.

2. Spread the peanut butter evenly across the celery sticks.

3. Enjoy your crunchy and satisfying snack!

Peanut Butter Sweet Popsicles

Serves 1

Prep time: 5 minutes (plus freezing time)

INGREDIENTS

- 1 tbsp peanut butter
- 240ml (8 fl oz) water
- Stevia, to taste (optional)

METHOD

1. Prepare Peanut Butter Mixture

- In a small bowl, mix the peanut butter with a little water to thin it out until smooth.

2. Combine with Water

- In a larger bowl, combine the sweetened peanut butter mixture with the remaining water. Stir well to ensure the peanut butter is evenly distributed.

3. Sweeten to Taste

- Add the Stevia to taste, mixing thoroughly.

4. Pour into Molds

- Pour the mixture into popsicle molds or small paper cups.

5. Freeze

- Insert sticks into the molds and freeze for at least 4 hours or until solid.

6. Serve

- Once frozen, remove the popsicles from the molds and enjoy.

Vegan Peanut Butter Sweet Slush

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 1 tbsp peanut butter
- 240ml (8 fl oz) water
- Stevia, to taste (optional)
- Ice cubes

METHOD

1. Prepare Peanut Butter Mixture

- In a small bowl, mix the peanut butter with a little water to thin it out until smooth.

2. Combine with Water and Sweetener

- In a blender, combine the sweetened peanut butter mixture with the remaining water and Stevia to taste. Stir well to ensure the peanut butter is evenly distributed.

3. Add Ice Cubes

- Add a handful of ice cubes into the blender.

4. Blend

- Blend until you achieve a slushy consistency.

5. Serve

- Pour the slush into a glass and drink immediately.

Breakfast Recipes

Banana Oat Pancakes

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 1 medium banana
- 30 g (1 oz) rolled oats
- 50 ml (2 fl oz) soya milk
- 1/2 tsp cinnamon (optional)
- 1/4 tsp vanilla extract (optional)
- A pinch of salt

METHOD

1. Prepare the Batter

- Peel the banana and place it in a blender or food processor. Add the rolled oats, soya milk, cinnamon, vanilla extract, and salt.
- Blend until the mixture is smooth and well combined.

2. Heat the Pan

- Preheat a non-stick pan over medium heat. Ensure it is well-heated before adding the batter to prevent sticking.

3. Cook the Pancake

- Pour the batter onto the pan, spreading it slightly to form a round pancake.
- Cook for about 2-3 minutes on one side, or until bubbles start to form on the surface and the edges begin to set.
- Carefully flip the pancake and cook for an additional 2-3 minutes on the other side, or until golden brown and cooked through.

4. Serve

- Once the pancake is cooked, transfer it to a plate. Serve and enjoy.

Banana Oat Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 1 medium banana
- 30 g (1 oz) rolled oats
- 50 ml (2 fl oz) soya milk
- 1/2 tsp cinnamon (optional)
- 1/4 tsp vanilla extract (optional)
- 4-5 ice cubes (optional for a chilled smoothie)

METHOD

1. Prepare the Ingredients

- Peel the banana and break it into chunks.
- Measure out the rolled oats and soya milk.

2. Blend the Smoothie

- Place the banana chunks, rolled oats, soya milk, cinnamon, and vanilla extract into a blender.
- Add the ice cubes if you prefer a chilled smoothie.
- Blend until smooth and creamy, ensuring that the oats are fully incorporated and the smoothie has a consistent texture.

3. Serve

- Pour the smoothie into a glass.
- Optionally, sprinkle a pinch of cinnamon on top.

Banana Overnight Oats

Serves 1

Prep time: 5 minutes (plus chilling time)

INGREDIENTS

- 1 medium banana
- 30 g (1 oz) rolled oats
- 50 ml (2 fl oz) soya milk
- 1/2 tsp cinnamon (optional)
- 1/4 tsp vanilla extract (optional)

METHOD

1. Prepare the Banana

- Peel the banana and mash it in a bowl until smooth.

2. Combine Ingredients

- In a jar or container, mix the mashed banana, rolled oats, soya milk, cinnamon, and vanilla extract. Stir well to combine all the ingredients evenly.

3. Refrigerate Overnight

- Cover the jar or container with a lid and place it in the refrigerator. Let it sit overnight, or for at least 6 hours, to allow the oats to soften and absorb the liquid.

4. Serve

- In the morning, give the oats a good stir. If the mixture is too thick, you can add a splash of soya milk to reach your desired consistency.
- Serve and enjoy.

Post Workout Recipes

Protein-Packed Butter Bean Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 100 g (4 oz) canned butter beans, drained and rinsed
- 70 g (2 oz) frozen riced cauliflower
- 200 ml (7 fl oz) water
- 4-5 ice cubes
- 1/2 tsp cinnamon (optional)
- 1/4 tsp vanilla extract (optional)

METHOD

1. Prepare the Ingredients

- Drain and rinse the canned butter beans.
- Measure out the protein powder and frozen riced cauliflower.

2. Combine Ingredients

- In a blender, add the protein powder, butter beans, frozen riced cauliflower, water, ice cubes, cinnamon, and vanilla extract.

3. Blend the Smoothie

- Blend on high speed until all the ingredients are well combined and the smoothie is smooth and creamy. If the mixture is too thick, add a little more water to reach your desired consistency.

4. Serve

- Pour the smoothie into a glass and enjoy.

Lunch Recipes

Miso Soup with Garlic Steamed Broccoli and Green Beans

Serves 1

Prep time: 20 minutes

Cooked time: 20 minutess

INGREDIENTS

- 300 g (11 oz) silken tofu
- 100 g (4 oz) mushrooms, sliced
- 50 g (2 oz) spinach
- 70 g (3 oz) cauliflower rice
- 1 small bok choy, chopped
- 500 ml (18 fl oz) vegetable stock
- 1 tbsp soy sauce
- 50 g (2 oz) frozen peas
- 1 tbsp miso paste
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp lemon juice
- 100 g (4 oz) broccoli florets
- 100 g (4 oz) green beans
- Salt to taste
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Soup Base

- In a medium pot, heat the vegetable stock over medium heat. Add the minced garlic and grated ginger, and let it simmer for 2-3 minutes to infuse the flavors.

2. Add Vegetables

- Add the sliced mushrooms, cauliflower rice, bok choy, and frozen peas to the pot. Cook for about 5 minutes, or until the vegetables are tender.

3. Add Tofu and Spinach

- Gently add the silken tofu to the pot, breaking it into large chunks. Add the spinach and soy sauce. Let it simmer for another 2-3 minutes.

Recipe Continues

4. Finish the Soup

- Remove the pot from heat and stir in the miso paste and lemon juice until the miso is fully dissolved. Taste and add salt if needed.

5. Prepare the Side Vegetables

- In a separate pot, bring a small amount of water to a boil with a pinch of salt. Add the broccoli florets and green beans. Steam for about 5-7 minutes until tender.
- Drain the water, then add a small amount of vegetable stock and the minced garlic. Steam for an additional 2 minutes to infuse the garlic flavor.

6. Serve

- Pour the miso soup into a bowl and garnish with fresh herbs if desired.
- Serve the garlic, steamed broccoli and green beans on the side.

Asian Inspired Tofu and Vegetable Casserole

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 300 g (11 oz) silken tofu
- 100 g (4 oz) mushrooms, sliced
- 50 g (2 oz) spinach
- 70 g (3 oz) cauliflower, chopped
- 1 small bok choy, chopped
- 50 g (2 oz) frozen peas
- 200 ml (7 fl oz) vegetable stock
- 1 tbsp soy sauce
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp miso paste
- 1 tbsp lemon juice
- 100 g (4 oz) broccoli florets
- 100 g (4 oz) green beans
- Salt to taste
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Casserole Base

- Preheat your oven to 180°C (350°F).
- In a bowl, mix the vegetable stock, soy sauce, minced garlic, grated ginger, miso paste, and lemon juice until the miso paste is fully dissolved.

2. Assemble the Casserole

- In a baking dish, spread the chopped cauliflower and sliced mushrooms evenly.
- Gently add the silken tofu, breaking it into large chunks.
- Add the chopped bok choy, frozen peas, and spinach on top.
- Pour the vegetable stock mixture over the vegetables and tofu, ensuring everything is well-coated.

3. Bake the Casserole

- Cover the baking dish with foil and bake in the preheated oven for 20 minutes.
- Remove the foil and bake for an additional 10 minutes until the vegetables are tender and the flavors have melded together.

Recipe Continues

4. Prepare the Side Vegetables

- While the casserole is baking, bring a small amount of water to a boil with a pinch of salt in a separate pot.
- Add the broccoli florets and green beans. Steam for about 5-7 minutes until tender.
- Drain the water, then add a small amount of vegetable stock and the minced garlic. Steam for an additional 2 minutes to infuse the garlic flavor.

5. Serve

- Once the casserole is done, remove it from the oven and let it sit for a few minutes.
- Serve the casserole hot, garnished with fresh herbs if desired.
- Serve with the garlic steamed broccoli and green beans on the side.

Asian Tofu Stir-Fry

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

- 300 g (11 oz) silken tofu
- 100 g (4 oz) mushrooms, sliced
- 50 g (2 oz) spinach
- 70 g (3 oz) cauliflower, chopped
- 1 small bok choy, chopped
- 50 g (2 oz) green beans, chopped
- 50 g (2 oz) broccoli florets
- 50 g (2 oz) frozen peas
- 1 small chili, finely chopped
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 200 ml (7 fl oz) vegetable stock
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Tofu

- Gently press the silken tofu to remove excess water, then cut it into large cubes. Be careful as silken tofu is very delicate.

2. Prepare the Stir-Fry Sauce

- In a small bowl, mix the vegetable stock, soy sauce, minced garlic, grated ginger, and lemon juice until well combined.

3. Cook the Vegetables

- Heat a non-stick skillet or wok over medium heat.
- Add the chopped chili, sliced mushrooms, chopped cauliflower, green beans, broccoli florets, and frozen peas. Stir-fry for 5-7 minutes, or until the vegetables are tender but still crisp.

4. Add the Tofu and Sauce

- Gently add the tofu cubes to the skillet with the vegetables.
- Pour the stir-fry sauce over the tofu

Recipe Continues

and vegetables, and gently stir to coat everything evenly. Cook for an additional 3-4 minutes, allowing the tofu to warm through and the flavors to meld together.

5. Add the Leafy Greens

- Add the chopped bok choy and spinach to the skillet. Stir-fry for another 2 minutes, or until the greens are wilted and tender.

6. Serve

- Once everything is cooked, remove the skillet from heat.
- Transfer the stir-fry to a plate or bowl and garnish with fresh herbs if desired.

Seitan Chicken Stir-Fry with Zucchini Ribbons*

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

- 150 g (5 oz) seitan chicken
- 1 tbsp olive oil
- 2 cloves fresh garlic, minced
- 1 tbsp fresh parsley, chopped
- 200 ml (7 fl oz) vegetable stock
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 large zucchini, peeled into ribbons
- 1 tsp fresh ginger, grated
- Salt to taste
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Seitan Chicken

- Cut the seitan chicken into bite-sized pieces.
- In a small bowl, mix the vegetable stock, soy sauce, lemon juice, minced garlic, and grated ginger until well combined.

2. Cook the Seitan Chicken

- Heat a non-stick skillet over medium heat.
- Add the olive oil and let it heat for a minute.
- Add the seitan chicken pieces to the skillet. Stir-fry for 5-7 minutes until they are lightly browned.

3. Add the Sauce and Simmer

- Pour the prepared sauce over the seitan chicken in the skillet.
- Reduce the heat to low and let it simmer for about 5 minutes, allowing the seitan to absorb the flavors and the sauce to thicken slightly.

4. Add the zucchini ribbons to the pan

- Cook for 1-2 minutes until just tender.
- Serve immediately.

Seitan Chicken and Vegetable Casserole with Zucchini Ribbons

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 2 cloves fresh garlic, minced
- 1 tbsp fresh parsley, chopped
- 200 ml (7 fl oz) vegetable stock
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 small zucchini, peeled into ribbons
- 1 tsp fresh ginger, grated
- 100 g (4 oz) broccoli florets
- 100 g (4 oz) chopped kale
- Salt to taste
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Seitan Chicken

- Cut the seitan chicken into bite-sized pieces.

2. Sauté the Seitan Chicken

- Heat a non-stick skillet over medium heat.
- Add the olive oil and let it heat for a minute.
- Add the seitan chicken pieces to the skillet and sauté for 5-7 minutes until they are lightly browned.

3. Prepare the Sauce

- In a small bowl, mix the vegetable stock, soy sauce, lemon juice, minced garlic, and grated ginger until well combined.

4. Combine and Simmer

- Preheat the oven to 180°C (350°F).
- In an oven-safe baking dish, combine the sautéed seitan chicken, broccoli florets, and chopped kale.
- Pour the prepared sauce over the mixture, ensuring everything is well-coated.
- Cover the dish with foil and bake in the preheated oven for 15 minutes.

Recipe Continues

5. Prepare the Zucchini Ribbons

- While the casserole is baking, bring a pot of salted water to a boil.
- Add the zucchini ribbons to the boiling water and cook for 1-2 minutes until just tender.
- Drain the zucchini ribbons and toss them with a pinch of salt, minced garlic, and chopped parsley.

6. Finish the Casserole

- After 15 minutes, remove the foil from the baking dish and bake for an additional 5 minutes, allowing the top to slightly brown.
- Remove from the oven and let it sit for a few minutes.

7. Serve

- Serve the seitan chicken and vegetable casserole hot, with the zucchini ribbons on the side.
- Garnish with fresh herbs if desired.

Broccoli Soup with Seitan Chicken

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 200 g (7 oz) broccoli, chopped
- 2 cloves fresh garlic, minced
- 300 ml (10 fl oz) vegetable stock
- 1 tbsp miso paste
- 1 tbsp lemon juice
- 1 tsp nutritional yeast
- 1 tsp fresh ginger, grated
- Salt to taste
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Seitan Chicken

- Cut the seitan chicken into bite-sized pieces.

2. Cook the Seitan Chicken

- Heat a non-stick skillet over medium heat.
- Add the olive oil and let it heat for a minute.
- Add the seitan chicken pieces to the skillet and sauté for 5-7 minutes until they are lightly browned. Set aside.

3. Prepare the Broccoli Soup Base

- In a medium pot, bring the vegetable stock to a boil.
- Add the chopped broccoli, minced garlic, and grated ginger to the pot. Reduce the heat and let it simmer for about 10 minutes until the broccoli is tender.

Recipe Continues

4. Blend the Soup

- Remove the pot from heat and let it cool slightly.
- Using an immersion blender or a regular blender, blend the soup until smooth and creamy.

5. Add Flavors

- Return the blended soup to the pot over low heat.
- Stir in the miso paste, lemon juice, and nutritional yeast until well combined. Taste and add salt if needed.

6. Serve

- Pour the broccoli soup into a bowl.
- Top with the sautéed seitan chicken pieces.
- Garnish with fresh herbs if desired.

Evening Snack Recipes

Hummus Platter

Serves 1

Prep time: 15 minutes

INGREDIENTS

- 75 g (3 oz) hummus
- 1/2 toasted pitta bread, cut into wedges
- 100 g (4 oz) cherry tomatoes, halved
- 100 g (4 oz) cucumber, sliced
- 50 g (2 oz) celery, cut into sticks
- 50 g (2 oz) carrot, cut into sticks
- 1 tsp fresh lemon juice
- 1 clove garlic, minced
- 1 tsp fresh mint, chopped
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt to taste
- Fresh parsley (optional, for garnish)

METHOD

1. Prepare the Vegetables

- Wash the cherry tomatoes, cucumber, celery, and carrot.
- Halve the cherry tomatoes.
- Slice the cucumber into rounds.
- Cut the celery and carrot into sticks.

2. Flavor the Hummus

- In a bowl, mix the hummus with minced garlic, lemon juice, ground cumin, and smoked paprika. Stir well to combine.
- Taste and add salt if needed.

3. Assemble the Platter

- Arrange the flavored hummus in the center of a serving plate or platter.
- Surround the hummus with the halved cherry tomatoes, cucumber slices, celery sticks, and carrot sticks.
- Place the toasted pitta bread wedges on the side of the platter.

4. Garnish and Serve

- Sprinkle the chopped fresh mint and parsley over the hummus and vegetables for an extra burst of flavor.
- Serve immediately and enjoy.

Breakfast Recipes

NOTE: In any of these breakfast recipes, Just Egg can be replaced with 200g silken tofu if preferred.

Mexican Breakfast Tortilla Wraps

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 35g (1.25 oz) dried red lentils
- 200ml (7 fl oz) water (for soaking)
- 1/4 tsp turmeric
- 1/4 tsp cumin
- 1/4 tsp garlic powder
- Non-stick cooking spray or a few drops of oil for cooking (optional)
- 100ml Just Egg OR 200g silken tofu
- 100g cooked black beans
- 50g (2oz) onion, finely chopped
- 1/4 bell pepper, finely chopped
- 1 small tomato, chopped
- 1 handful of mixed salad leaves
- 1 tbsp fresh cilantro, chopped
- 1 tsp lime juice
- 1/2 tsp ground paprika
- 1/2 tsp chili powder
- Salt & pepper, to taste

METHOD

1. Prepare the Lentil Wraps:

- Rinse the red lentils thoroughly under cold water. Place them in a bowl and cover with 200ml of water. Let them soak for at least 1 hour, or overnight if possible.
- Drain the soaked lentils and transfer them to a blender. Add 100ml of fresh water, turmeric, cumin, garlic powder, and a pinch of salt. Blend until you get a smooth batter, similar in consistency to pancake batter. Add more water if needed to achieve the right consistency.
- Preheat a non-stick skillet or griddle over medium heat. Lightly grease with non-stick cooking spray or a few drops of oil if using.

Recipe Continues

- Pour a ladleful of the lentil batter into the skillet and spread it out evenly into a thin circle using the back of the ladle or a spatula.
- Cook for 2-3 minutes on each side until the wrap is golden brown and cooked through
- Repeat with the remaining batter.

2. Prepare the Breakfast Filling:

- In a non-stick skillet over medium heat, add the Just Egg. Cook, stirring frequently, until it begins to set and scramble. Season with salt and pepper to taste. Remove from the pan and set aside.
- In the same skillet, add the cooked black beans, chopped onion, and chopped bell pepper. Cook for 3-5 minutes until the vegetables are tender and the beans are heated through. Add the ground paprika and chili powder, and stir well. Season with salt and pepper to taste.

3. Assemble the Wraps:

- Place the lentil wraps on a plate. Evenly distribute the scrambled Just Egg and the black bean mixture onto each wrap.
- Top with chopped tomato and mixed salad leaves. Drizzle with lime juice and sprinkle with fresh cilantro.

4. Serve:

- Roll up the wraps and serve immediately.

Spicy Veggie Lentil and Bean Breakfast Hash

Serves 1

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

- 35g (1.25 oz) dried red lentils
- 100g (4 oz) cooked black beans
- 50g (2 oz) bell pepper, diced
- 50g (2 oz) onion, diced
- 30g (1 oz) celery, diced
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped
- 100ml (4 fl oz) Just Egg or Silken tofu

METHOD

1. Prepare Lentils:

- Rinse the red lentils thoroughly under cold water.
- Put the lentils in a small pot, and cover with water. Bring to a boil then turn the heat down and simmer for about 15 minutes or until they are tender. Drain and set aside.

2. Sauté Vegetables:

- In a non-stick pan, add the diced bell pepper, onion, and celery. Cook over medium heat until the vegetables are softened, about 5-7 minutes.
- Add the minced garlic and ginger, cooking for another 1-2 minutes until fragrant.

3. Combine Ingredients:

- Add the cooked red lentils and black beans to the pan with the sautéed vegetables. Stir to combine.

Recipe Continues

- Mix in the ground cumin, smoked paprika, and ground black pepper. Cook for another 2-3 minutes to allow the flavors to meld.
- Stir in the lemon juice, lime juice, and soy sauce. Cook for another 2 minutes until everything is well combined.

4. Cook the Just Egg:

- In a separate non-stick pan, pour the Just Egg. Cook over medium heat, stirring occasionally, until it resembles scrambled eggs and is cooked through, about 5-7 minutes.

5. Garnish and Serve:

- Remove the hash from heat and sprinkle with fresh mint and parsley.
- Serve the spicy veggie lentil and bean hash on a plate with the Just Egg on the side & enjoy!

Veggie Lentil Breakfast Omelette with Spicy Lentil Side

Serves 1

Prep time: 15 minutes

Cook time: 35 minutes

INGREDIENTS

For the Omelette:

- 100ml (4 fl oz) Just Egg OR 200g silken tofu
- 50g (2 oz) bell pepper, diced
- 50g (2 oz) onion, diced
- 30g (1 oz) celery, diced
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- Salt & pepper, to taste
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped

For the Spicy Lentil Side Dish:

- 35g (1.25 oz) dried red lentils
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped

METHOD

1. Prepare Lentils:

- Rinse the red lentils thoroughly under cold water.
- In a small pot, bring water to a boil and add the lentils. Cook for about 15 minutes or until tender. Drain and set aside.

2. Season Lentils:

- In a mixing bowl, toss the cooked lentils with ground cumin, smoked paprika, ground black pepper, lemon juice, lime juice, soy sauce, fresh parsley, and mint. Mix well and set aside.

3. Prepare Omelette Filling:

- In a non-stick pan, sauté the diced bell pepper, onion, and celery over medium heat until softened, about 5-7 minutes.
- Add the minced garlic and ginger, cooking for another 1-2 minutes until fragrant. Season with ground cumin, smoked paprika, salt, and pepper to taste.

Recipe Continues

4. Cook the Omelette:

- In a separate non-stick pan, pour the Just Egg and cook over medium heat, stirring gently until it starts to set. If using tofu, gently mash and scramble in the pan.
- Add the sautéed veggies to one half of the omelette, sprinkle with chopped parsley and mint, then fold the omelette in half.

5. Serve:

- Plate the omelette and serve the spicy lentils on the side.
- Garnish the lentils with extra parsley and mint if desired. Enjoy!

Post Workout Recipes

Post Workout Power Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 4-5 ice cubes, and 200ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass & enjoy immediately.

Protein Power Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

Cook time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 100ml (3.5 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 4-5 ice cubes, and 100ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- The consistency should be thicker than a smoothie but still pourable. Adjust with a bit more water if needed.

3. Freeze the Mixture:

- Pour the blended mixture into a shallow, freezer-safe container.
- Place the container in the freezer for about 1-2 hours, or until the mixture starts to harden around the edges.

4. Blend Again:

- Remove the container from the freezer and blend the semi-frozen mixture again to break up ice crystals and ensure a smooth texture.
- Pour back into the container and freeze for an additional 1-2 hours.

5. Serve:

- Once fully frozen, scoop the ice cream into a bowl & enjoy!

Lunch Recipes

Zesty Seitan Chicken Salad*

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 22g (0.75 oz) dried quinoa
- 50g (2 oz) bell pepper, diced
- 50g (2 oz) onion, diced
- 30g (1 oz) celery, diced
- 30g (1 oz) cucumber, diced
- 50g (2 oz) mixed leaves (spinach, kale, cabbage)
- 20g (1 oz) beansprouts
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped
- 1 tsp ground cumin
- 1/2 tsp ground black pepper

METHOD

1. Cook Quinoa:

- Rinse 22g of dried quinoa under cold water.
- In a small pot, bring water to a boil and add the quinoa. Reduce heat to low, cover, and simmer for about 15 minutes or until the quinoa is tender and the water is absorbed. Fluff with a fork and set aside to cool.

2. Prepare Seitan Chicken:

- Slice the seitan chicken into bite-sized pieces.
- In a non-stick pan, cook the seitan chicken over medium heat for 5-7 minutes until lightly browned and heated through. Set aside.

Recipe Continues

3. Combine Vegetables:

- In a large mixing bowl, add the diced bell pepper, onion, celery, cucumber, mixed leaves, and beansprouts.
- Add the minced garlic and ginger to the bowl.

4. Make the Dressing:

- In a small bowl, whisk together the lemon juice, lime juice, soy sauce, ground cumin, and ground black pepper.

5. Assemble the Salad:

- Add the cooked quinoa and seitan chicken to the mixing bowl with the vegetables.
- Pour the dressing over the salad and toss to combine thoroughly.
- Sprinkle with fresh mint and parsley.

6. Serve:

- Transfer the salad to a serving plate or bowl.

Hearty Seitan Chicken and Quinoa Casserole

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 50g (2 oz) mushrooms, sliced
- 50g (2 oz) bell pepper, diced
- 50g (2 oz) onion, diced
- 50g (2 oz) spinach, chopped
- 50g (2 oz) kale, chopped
- 22g (0.75 oz) dried quinoa
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 120ml (4 fl oz) vegetable stock
- 1 tbsp lemon juice
- 1 tbsp soy sauce
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- Salt & pepper, to taste

METHOD

1. Prepare Quinoa:

- Rinse the quinoa thoroughly under cold water.
- In a small pot, bring 50ml vegetable stock to a boil. Add the quinoa, reduce to a simmer, cover, and cook for 15 minutes or until the quinoa is tender and the liquid is absorbed.
- Fluff the quinoa with a fork and mix in 1 tbsp lemon juice and fresh parsley. Set aside.

2. Sauté Vegetables and Seitan:

- In a non-stick pan, heat 1 tbsp olive oil over medium heat.
- Add the diced onion and bell pepper. Sauté for 5 minutes until softened.
- Add the sliced mushrooms, minced garlic, and minced ginger. Cook for another 3 minutes until the mushrooms are tender.
- Add the sliced seitan chicken, ground

Recipe Continues

cumin, and smoked paprika. Stir well and cook for another 5 minutes until the seitan is heated through.

3. Combine and Bake:

- Preheat the oven to 180°C (350°F).
- In a mixing bowl, combine the sautéed vegetables and seitan with the cooked quinoa, chopped spinach, and kale. Mix well.
- Season with soy sauce, salt, and pepper to taste.
- Transfer the mixture to a small casserole dish.
- Cover the dish with foil and bake for 20 minutes.

4. Finish and Serve:

- Remove the casserole from the oven and let it sit for a few minutes.
- Garnish with fresh mint and additional parsley.
- Serve the hearty seitan chicken and quinoa casserole immediately.

Seitan and Asparagus Quinoa Risotto

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 35 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 100g (4 oz) asparagus, chopped
- 22g (0.75 oz) dried quinoa
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 120ml (7 fl oz) vegetable stock
- 1 tbsp lemon juice
- 1 tbsp soy sauce
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- Salt & pepper, to taste

METHOD

1. Prepare Quinoa:

- Rinse the quinoa thoroughly under cold water.
- In a small pot, bring 200ml vegetable stock to a boil. Add the quinoa, reduce to a simmer, cover, and cook for 15 minutes or until the quinoa is tender and the liquid is absorbed. Set aside.

2. Sauté Vegetables and Seitan:

- In a non-stick pan, heat 1 tbsp olive oil over medium heat.
- Add the minced garlic and ginger. Sauté for 1-2 minutes until fragrant.

Recipe Continues

- Add the sliced seitan chicken, ground cumin, and smoked paprika. Cook for 5 minutes until the seitan is heated through.
- Add the chopped asparagus and cook for another 5 minutes until tender.

3. Combine and Simmer:

- Add the cooked quinoa to the pan with the seitan and asparagus. Mix well.
- Stir in the soy sauce, lemon juice, salt, and pepper to taste.
- Cook for another 3-5 minutes, allowing the flavors to meld and the mixture to reach a creamy risotto-like consistency.

4. Finish and Serve:

- Remove from heat and stir in the fresh parsley and mint.
- Transfer the quinoa risotto to a serving plate.

Seitan and Portobello Mushroom Burger*

*See page 152 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 1 large portobello mushroom
- 50g (2 oz) tomato, sliced
- 30g (1 oz) pickles, sliced
- 2 large romaine lettuce leaves
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- Salt & pepper, to taste

METHOD

1. Prepare Seitan and Mushroom:

- In a non-stick pan, heat 1 tbsp olive oil over medium heat.
- Add the minced garlic and ginger. Sauté for 1-2 minutes until fragrant.
- Add the sliced seitan chicken, ground cumin, and smoked paprika. Cook for 5 minutes until the seitan is heated through.
- Remove the seitan from the pan and set aside.
- In the same pan, add the portobello mushroom cap. Cook for 3-4 minutes on each side until tender.
- Drizzle the mushroom with soy sauce and lemon juice while cooking for added flavor.

Recipe Continues

2. Assemble the Burger:

- Place one romaine lettuce leaf on a plate as the bottom “bun.”
- Layer with the cooked portobello mushroom, followed by the sliced seitan chicken.
- Add tomato slices and pickle slices on top.
- Place the second romaine lettuce leaf over the top as the “bun.”

3. Prepare the Green Salad:

- In a bowl, combine mixed greens (such as spinach, kale, or arugula), chopped fresh parsley, and fresh mint.
- Toss with a squeeze of lemon juice, salt, and pepper to taste.

4. Serve:

- Serve the seitan and portobello mushroom burger with the crisp green salad on the side.

Seitan and Mushroom Casserole with Garlic Steamed Broccoli and Green Beans

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 40 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 100g (4 oz) mushrooms, sliced
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 200ml (7 fl oz) vegetable stock
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 tbsp fresh parsley, chopped
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt & pepper, to taste

For the side dish:

- 100g (4 oz) broccoli florets
- 50g (2 oz) green beans, trimmed
- 1 clove garlic, minced

METHOD

1. Prepare Seitan and Mushrooms:

- In a non-stick pan, heat 1 tbsp olive oil over medium heat.
- Add the minced garlic and ginger. Sauté for 1-2 minutes until fragrant.
- Add the sliced mushrooms and cook for 5 minutes until they release their moisture and start to brown.
- Add the sliced seitan chicken to the pan and cook for another 3 minutes until heated through.

2. Make the Casserole:

- Preheat the oven to 180°C (350°F).
- In the same pan, add the vegetable stock, soy sauce, lemon juice, dried thyme, and dried oregano to the seitan and mushrooms. Stir well to combine.
- Season with salt and pepper to taste.
- Transfer the mixture to a small casserole dish.
- Cover with foil and bake for 20 minutes.

Recipe Continues

3. Prepare the Side Dish:

- While the casserole is baking, bring a pot of water to a boil and add a steamer basket.
- Place the broccoli florets and green beans in the steamer basket. Cover and steam for 5-7 minutes until tender.
- In a small bowl, toss the steamed vegetables with minced garlic.

4. Finish and Serve:

- Remove the casserole from the oven and sprinkle with fresh parsley.
- Serve the seitan and mushroom casserole with the garlic steamed broccoli and green beans on the side.

Mushroom Soup with Seitan Chicken

*See page 152 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 40 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 200g (7 oz) mushrooms, sliced
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 300ml (10 fl oz) vegetable stock
- 1 tbsp lemon juice
- 1 tbsp fresh parsley, chopped
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt & pepper, to taste

METHOD

1. Prepare the Seitan Chicken:

- In a non-stick pan, heat 1 tbsp olive oil over medium heat.
- Add the sliced seitan chicken and cook for 5-7 minutes until heated through and slightly crispy.
- Remove from heat and set aside, keeping it warm.

2. Sauté the Vegetables:

- In the same pan, add the minced garlic and ginger. Sauté for 1-2 minutes until fragrant.
- Add the sliced mushrooms and cook for 5-7 minutes until they release their moisture and start to brown.

Recipe Continues

3. Make the Soup:

- Add the vegetable stock, lemon juice, dried thyme, and dried oregano to the pan with the mushrooms. Stir well to combine.
- Season with salt and pepper to taste.
- Bring to a boil, then reduce the heat and let it simmer for 10-15 minutes to allow the flavors to meld together.
- Use an immersion blender to blend the soup until smooth, or transfer the soup to a blender and blend until smooth before returning it to the pan.

4. Finish and Serve:

- Stir in the chopped fresh parsley.
- Pour the mushroom soup into a serving bowl.
- Serve the seitan chicken on the side.

Evening Snack Recipes

Green Power Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 50g (2 oz) fresh spinach
- 4-5 ice cubes
- 200ml (7 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 50g fresh spinach, 4-5 ice cubes, and 200ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass and enjoy.

Protein Power Popsicles

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 100ml (3.5 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 4-5 ice cubes, and 100ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- The consistency should be thicker than a smoothie but still pourable. Adjust with a bit more water if needed.

3. Pour into Molds:

- Pour the blended mixture into popsicle molds, leaving a little space at the top for expansion.
- Insert popsicle sticks into each mold.

4. Freeze:

- Place the molds in the freezer for at least 4-6 hours, or until the popsicles are completely frozen.

5. Serve:

- Once fully frozen, remove the popsicles from the molds by running warm water over the outside of the molds for a few seconds and enjoy.

Breakfast Recipes

Banana Protein Oatmeal

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, sliced
- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 1 tsp lemon juice
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp vanilla extract
- 200ml (7 fl oz) water
- Stevia, to taste (optional)
- Fresh mint leaves for garnish (optional)

METHOD

1. Prepare the Oats:

- In a small saucepan, combine 30g of rolled oats with 200ml of water. Bring to a boil over medium-high heat, then reduce the heat to low and let it simmer for 5-7 minutes, stirring occasionally, until the oats are soft and the mixture has thickened.

2. Mix in Flavors:

- While the oats are cooking, add the sliced banana, 1 tsp of lemon juice, 1/2 tsp of ground cinnamon, and 1/4 tsp of ground ginger to the saucepan. Stir well to combine all the ingredients and let it cook for an additional 1-2 minutes until the banana is soft.

Recipe Continues

3. Incorporate the Protein:

- Remove the saucepan from the heat and stir in 25g of Vegan Wondershake and 1/4 tsp of vanilla extract. Mix thoroughly until the protein powder is completely dissolved and the mixture is smooth. If desired, add Stevia to taste.

4. Serve and Garnish:

- Transfer the oatmeal to a serving bowl. If desired, garnish with fresh mint leaves for an extra burst of flavor and a touch of color.
- Enjoy your delicious, flavor-packed banana protein oatmeal!

Banana Protein Overnight Oats

Serves 1

Prep time: 5 minutes (plus chilling time)

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, mashed
- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp vanilla extract
- 150ml (5 fl oz) water
- Stevia, to taste (optional)
- Ice cubes (optional)

METHOD

1. Combine Dry Ingredients:

- In a bowl or jar, combine 30g of rolled oats, 1/2 tsp of ground cinnamon, and 1/4 tsp of ground ginger. Mix well to ensure the spices are evenly distributed.

2. Mix Wet Ingredients:

- In a separate bowl, mash 1/2 medium banana until smooth. Add 25g of Vegan Wondershake, 150ml of water, and 1/4 tsp of vanilla extract. Stir until the protein powder is fully dissolved and the mixture is smooth. If desired, add Stevia to taste.

3. Combine and Refrigerate:

- Pour the wet mixture over the dry ingredients in the bowl or jar. Stir thoroughly to ensure all the oats are coated with the liquid mixture. Cover the bowl or seal the jar and refrigerate overnight, or for at least 6 hours, to allow the oats to absorb the liquid and flavors.

4. Serve:

- In the morning, give the oats a good stir. If you prefer your overnight oats cold, you can enjoy them straight from the fridge. If you like them a bit warmer, you can microwave them for 30-60 seconds. Add ice cubes if you prefer a chilled, refreshing texture.

Banana Protein Cookies

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, mashed
- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 1/4 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp vanilla extract
- 1 tbsp water
- Stevia, to taste (optional)

METHOD

1. Preheat Oven

- Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.

2. Prepare Dry Ingredients

- In a small bowl, combine 30g of rolled oats, 25g of Vegan Wondershake, 1/4 tsp of baking powder, 1/2 tsp of ground cinnamon, and 1/4 tsp of ground ginger. Mix well to ensure everything is evenly distributed.

3. Mix Wet Ingredients

- In a separate bowl, mash 1/2 medium banana until smooth. Add 1/4 tsp of vanilla extract and 1 tbsp of water. Stir until the mixture is well combined. If desired, add Stevia to taste.

Recipe Continues

4. Combine Ingredients

- Add the wet ingredients to the dry ingredients and mix until a thick, sticky dough forms.

5. Shape and Bake Cookies

- Drop spoonfuls of the dough onto the prepared baking sheet, flattening them slightly with the back of a spoon to form cookie shapes. Leave some space between each cookie as they will spread a little while baking.
- Bake in the preheated oven for 12-15 minutes, or until the cookies are golden brown and set.

6. Cool and Serve

- Remove the cookies from the oven and let them cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

Post Workout Recipes

Healthy Green Protein Smoothie

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 50g (2 oz) Vegan Wondershake (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- 2 handfuls of baby spinach
- A squeeze of lemon juice (optional)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a high-speed blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, water, and baby spinach.
- Add a squeeze of lemon juice and a few drops of stevia if desired for extra sweetness.

2. Blend Until Slushy:

- Blend on high until the mixture is thick and icy, resembling a slushie consistency. Ensure everything is well combined, stopping to scrape down the sides of the blender if necessary.
- Adjust the consistency by adding more ice cubes if the slushie is too thin or a bit more water if it's too thick.

3. Serve:

- Pour the slushie into a glass.

Vegan Wondershake Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a few drops of stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.

Protein Iced Coffee

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 4-5 ice cubes
- 200ml (7 fl oz) cold brewed coffee (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, ice cubes, and cold brewed coffee
- Add a few drops of stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more coffee if the mixture is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the iced coffee into a glass.

Lunch Recipes

Hearty Tofu and Vegetable Stew

Serves 1

Prep time: 15 minutes

Cook time: 40 minutes

INGREDIENTS

- 140g (5 oz) tofu, cubed
- 200g (7 oz) butternut squash, peeled and cubed
- 200g (7 oz) sweet potato, peeled and cubed
- 1/2 onion, roughly chopped
- 1 garlic clove, minced
- 1 small zucchini, sliced
- 100g (3.5 oz) tomatoes, chopped
- 2 tbsp tomato puree
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 500ml (17 fl oz) vegetable stock
- 1 handful spinach leaves
- 1 tbsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare Vegetables

- In a large pot, add the roughly chopped onion and minced garlic. Sauté them with a splash of vegetable stock until the onion becomes translucent.

2. Add Squash and Sweet Potato

- Add the cubed butternut squash and sweet potato to the pot. Pour in the remaining vegetable stock and bring the mixture to a boil. Reduce the heat to a simmer and cook for about 10 minutes.

3. Add Tofu and Zucchini

- Add the cubed tofu and sliced zucchini to the pot. Stir in the chopped tomatoes and tomato puree. Add the ground cinnamon and nutmeg, and season with salt & pepper, to taste. Simmer for another 15-20 minutes, or until the vegetables are tender.

4. Finish with Spinach and Lemon Juice

- Stir in the spinach leaves and allow them to wilt in the hot stew. Add the lemon juice for a bright, fresh flavor. Adjust the seasoning with additional salt and pepper if needed.

5. Serve

- Ladle the stew into a bowl and serve hot.

Warm Tofu and Roasted Vegetable Salad

Serves 1

Prep time: 10 minutes

Cook time: 35 minutes

INGREDIENTS

- 140g (5 oz) tofu, cubed
- 200g (7 oz) butternut squash, peeled and cubed
- 200g (7 oz) sweet potato, peeled and cubed
- 1 garlic clove, minced
- 1 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tbsp lemon juice
- 1 tbsp soy sauce
- Salt & pepper, to taste
- Mixed salad leaves
- Fresh mint leaves for garnish (optional)

METHOD

1. Preheat Oven and Prepare Vegetables

- Preheat your oven to 400°F (200°C). In a large bowl, combine the cubed butternut squash and sweet potato with the minced garlic, ground cumin, ground cinnamon, and ground nutmeg. Toss to coat the vegetables evenly with the spices. Spread the vegetables out on a baking sheet lined with parchment paper.

2. Roast Vegetables

- Roast the butternut squash and sweet potato in the preheated oven for 25-30 minutes, or until they are tender and slightly caramelized, stirring halfway through to ensure even cooking.

3. Cook Tofu

- While the vegetables are roasting, place the cubed tofu in a non-stick pan over medium heat. Add the soy sauce and cook, stirring occasionally, until the tofu is golden brown and slightly crisp on the edges, about 10 minutes.

4. Assemble the Salad

- In a serving bowl, arrange a bed of mixed salad leaves. Top with the roasted butternut squash, sweet potato, and cooked tofu. Drizzle with lemon juice and season with Salt & pepper, to taste. Garnish with fresh mint leaves if desired.

5. Serve

- Serve the warm tofu and roasted vegetable salad immediately.

Indian-Inspired Seitan Salad*

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

- 1 serving Seitan, chopped
- Mixed salad leaves
- 1/4 cucumber, sliced
- 100g (4 oz) broccoli, steamed and chopped
- 1 celery stalk, chopped
- 2 green onions, chopped
- 1 tsp no calorie sweetener
- 2 tsp curry powder
- 1/2 tsp garlic powder
- 1/2 tsp turmeric
- 1 tbsp lemon juice
- Salt & pepper, to taste
- Fresh mint leaves for garnish (optional)

METHOD

1. Prepare the Seitan

- In a non-stick pan over medium heat, add the chopped seitan. Sprinkle the curry powder, garlic powder, and turmeric over the seitan.
- Stir well to coat the seitan with the spices and cook for about 5-7 minutes, until the seitan is heated through and slightly crisp on the edges. Remove from heat and set aside.

2. Prepare the Vegetables

- While the seitan is cooking, steam the broccoli until tender, then chop it into bite-sized pieces. In a large bowl, combine the mixed salad leaves, sliced cucumber, chopped celery, chopped green onions, and steamed broccoli.

Recipe Continues

3. Mix the Dressing

- In a small bowl, mix the lemon juice with the no calorie sweetener. Season with Salt & pepper, to taste.

4. Assemble the Salad

- Add the cooked seitan to the bowl of mixed vegetables. Drizzle the lemon dressing over the salad and toss gently to combine all the ingredients.

5. Serve

- Serve the salad immediately, garnished with fresh mint leaves if desired.

Mexican Seitan Lettuce Wraps*

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

- 1 serving Seitan chicken, chopped
- 1 capsicum (bell pepper), chopped
- 1/2 onion, finely chopped
- 100g (4 oz) chopped tomatoes
- 6-8 baby gem lettuce leaves
- 1-2 chillies, sliced (to taste)
- 1 tbsp lime juice
- 1 tsp ground cumin
- 1/2 tsp ground smoked paprika
- 1/2 tsp garlic powder
- Salt & pepper, to taste
- Fresh cilantro for garnish (optional)

METHOD

1. Prepare the Seitan

- In a non-stick pan over medium heat, add the chopped seitan chicken. Add the ground cumin, ground paprika, and garlic powder. Cook, stirring frequently, for about 5-7 minutes until the seitan is heated through and slightly crispy on the edges. Season with Salt & pepper, to taste.

2. Cook the Vegetables

- In the same pan, add the chopped capsicum and finely chopped onion. Sauté until the vegetables are tender, about 3-5 minutes. Add the chopped tomatoes and cook for another 2 minutes until the tomatoes are softened.

Recipe Continues

3. Combine and Season

- Mix the cooked seitan with the sautéed vegetables in the pan. Stir well to combine all the ingredients. Adjust the seasoning with more salt and pepper if needed. Squeeze the lime juice over the mixture and stir to incorporate.

4. Assemble the Wraps

- Lay out the baby gem lettuce leaves on a plate. Spoon the seitan and vegetable mixture onto each leaf. Top with sliced chillies and fresh cilantro, if desired.

5. Serve

- Serve the lettuce wraps immediately, with additional lime wedges on the side for extra zest.

Seitan Chicken Casserole with Cauliflower Rice*

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 1 serving Seitan chicken, chopped
- 1/2 onion, finely chopped
- 1 tbsp olive oil
- 200g (7 oz) cauliflower, grated into rice-sized pieces
- 1 celery stalk, chopped
- 100g (4 oz) broccoli, chopped
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1 tsp soy sauce
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 300ml (10 fl oz) vegetable stock
- Salt & pepper, to taste
- Fresh cilantro for garnish (optional)

METHOD

1. Prepare the Seitan and Vegetables

- In a non-stick pan, heat the olive oil over medium heat. Add the chopped seitan chicken and cook for 5-7 minutes until heated through and slightly crispy on the edges. Remove from the pan and set aside.
- In the same pan, add the finely chopped onion, chopped celery, and minced garlic. Sauté with a splash of vegetable stock until the onion becomes translucent.

2. Cook the Casserole

- Add the chopped broccoli, ground cumin, ground coriander, and ground turmeric to the pan. Stir well to coat the vegetables with the spices. Pour in the remaining vegetable stock and bring to a simmer. Cook for about 10 minutes until the vegetables are tender.
- Return the cooked seitan to the pan. Stir in the lemon juice and soy sauce. Season with Salt & pepper, to taste. Let it simmer for another 5 minutes to allow the flavors to meld.

Recipe Continues

3. Prepare the Cauliflower Rice

- While the casserole is simmering, prepare the cauliflower rice by either grating or blitzing in a food processor. In a separate non-stick pan, add the grated cauliflower and cook over medium heat for about 5 minutes until it becomes tender. Season with Salt & pepper, to taste.

4. Serve

- Serve the seitan chicken casserole over a bed of cauliflower rice. Garnish with fresh cilantro if desired.

Evening Snack Recipes

Protein-Packed Oatmeal Cookie

Serves 1

Prep time: 10 minutes

Cook time: 12 minutes

INGREDIENTS

- 15g (0.5 oz) rolled oats
- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 1/4 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tbsp water
- Stevia, to taste (optional)

METHOD

1. Preheat Oven

- Preheat your oven to 350°F (175°C). Line a small baking sheet with parchment paper.

2. Prepare Dry Ingredients

- In a small bowl, combine 15 g of rolled oats, 25g of Vegan Wondershake, 1/4 tsp of baking powder, 1/2 tsp of ground cinnamon, and 1/4 tsp of ground nutmeg. Mix well to ensure the ingredients are evenly distributed.

3. Add Wet Ingredients

- Add 1 tbsp of water to the dry ingredients and mix until a dough forms. If the mixture is too dry, add a few more drops of water until you achieve the desired consistency. If desired, add Stevia to taste.

4. Shape the Cookie

- Form the dough into a cookie shape and place it on the prepared baking sheet. Flatten it slightly with the back of a spoon.

5. Bake

- Bake in the preheated oven for 10-12 minutes, or until the cookie is golden brown and set.

6. Cool and Serve

- Allow the cookie to cool on the baking sheet for a few minutes before transferring it to a wire rack to cool completely.

Toasted Oat Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

Cook time: 5 minutes

INGREDIENTS

- 15g (0.5 oz) rolled oats
- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 1/4 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 1 cup ice
- 100ml (3.5 fl oz) water
- Stevia, to taste (optional)

METHOD

1. Toast the Oats

- Preheat a non-stick skillet over medium heat. Add the rolled oats and toast them, stirring frequently, until they are golden brown and fragrant, about 3-5 minutes. Remove from heat and let them cool.

2. Blend Ingredients

- In a blender, combine the toasted oats, 25g of Vegan Wondershake, 1/4 tsp of ground cinnamon, 1/4 tsp of vanilla extract, ice, and 100 ml of water. Blend until smooth and creamy. If desired, add Stevia to taste and blend again to mix.

3. Freeze the Mixture

- Pour the blended mixture into a shallow container and spread it evenly. Place the container in the freezer and let it freeze for at least 2 hours, stirring every 30 minutes to break up ice crystals and ensure a smooth texture.

4. Serve

- Once the mixture is fully frozen and has a creamy consistency, scoop it into a bowl and serve immediately.

Breakfast Recipes

Scrambled Tofu Bagel

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 200g (7 oz) tofu
- 50ml (2 fl oz) soya milk
- A pinch of turmeric
- A pinch of black salt (Kala Namak)
- 1 bagel
- 2 tbsp vegan butter (28g / 1 oz)

METHOD

1. Prepare the Tofu:

- Drain the tofu and pat it dry with paper towels to remove excess moisture.
- Crumble the tofu into small pieces using your hands or a fork.

2. Cook the Tofu:

- Heat 1 tablespoon of vegan butter in a non-stick skillet over medium heat.
- Add the crumbled tofu to the skillet.
- Sprinkle the tofu with a pinch of turmeric and black salt (Kala Namak).
- Pour in the soya milk and stir well to combine. The soya milk will help create a creamy texture.
- Cook for 5-7 minutes, stirring occasionally, until the tofu is heated through and slightly golden.

Recipe Continues

3. Toast the Bagel:

- While the tofu is cooking, slice the bagel in half.
- Toast the bagel halves until they are golden brown.

4. Butter the Bagel:

- Spread the remaining 1 tablespoon of vegan butter on the toasted bagel halves.

5. Assemble the Bagel:

- Once the tofu is cooked, remove it from the heat.
- Spoon the turmeric tofu mixture onto one half of the toasted bagel.
- Place the other half of the bagel on top to create a sandwich.

6. Serve:

- Serve the turmeric tofu bagel immediatel & enjoy!

Garlic Tofu and Spinach Bagel

Serves 1

Prep time: 5 minutes

Cook time: 15 minutes

INGREDIENTS

- 200g (7 oz) tofu, mashed
- 1 tbsp garlic oil
- 2 tbsp light soy sauce
- 1 tbsp nutritional yeast
- Juice of half a lemon
- 2 big handfuls of spinach
- 1 bagel
- 1 tsp vegan butter

METHOD

1. Prepare the Ingredients:

- Mash the tofu until it reaches a crumbly consistency.
- Juice half a lemon.
- Wash and dry the spinach leaves.

2. Heat the Garlic Oil:

- In a medium-sized pan, heat the garlic oil over medium-high heat.

3. Cook the Tofu:

- Add the mashed tofu to the hot pan, spreading it out evenly. Cook for about 5-7 minutes, stirring occasionally, until the tofu becomes crispy and golden brown.

4. Add Soy Sauce:

- Pour the light soy sauce over the crispy tofu, stirring well to coat the tofu evenly. Cook for an additional 2-3 minutes to allow the tofu to absorb the soy sauce.

Recipe Continues

5. Add Nutritional Yeast and Lemon Juice:

- Remove the pan from the heat and sprinkle the nutritional yeast over the tofu. Stir to combine. Add the juice of half a lemon and mix well.

6. Wilt the Spinach:

- In the same pan, add the spinach and cook over low heat until wilted, about 2-3 minutes. Stir the spinach into the tofu mixture until well combined.

7. Prepare the Bagel:

- While the tofu and spinach are cooking, cut the bagel in half and toast it until golden brown.

8. Butter the Bagel:

- Spread the vegan butter evenly over the toasted bagel halves.

9. Assemble and Serve:

- Place the crispy tofu and spinach mixture on top of the buttered bagel halves.

Vanilla Peanut Butter Protein Porridge

Serves 1

Prep time: 5 minutes

Cook time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 40g (1.5 oz) porridge oats
- 100ml (3.4 fl oz) soya milk
- 2 tbsp (1 oz) peanut butter

METHOD

1. Prepare the Ingredients:

- Measure out the Vegan Wondershake Vanilla Crème, porridge oats, soya milk, and peanut butter.

2. Mix the Dry Ingredients:

- In a small bowl, combine the porridge oats and Vegan Wondershake Vanilla Crème.

3. Heat the Soya Milk:

- In a small saucepan, heat the soya milk over medium heat until it begins to simmer.

4. Cook the Porridge:

- Slowly add the dry mixture to the simmering soya milk, stirring continuously to avoid lumps.
- Cook for 3-5 minutes, stirring occasionally, until the oats are soft and the mixture has thickened.

5. Add the Peanut Butter:

- Remove the saucepan from the heat and stir in the peanut butter until it is fully melted and incorporated into the porridge.

6. Serve:

- Pour the porridge into a bowl and let it sit for a minute to cool slightly before eating.

Post Workout Recipes

Banana Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 1 medium banana, sliced and frozen
- 6-8 ice cubes
- 100ml (3.5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Prepare the Banana:

- Slice the banana and place the slices in a freezer-safe container.
- Freeze the banana slices for at least 2-3 hours, or until fully frozen.

2. Blend the Ingredients:

- In a blender, combine the Vegan Wondershake, frozen banana slices, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter ice cream.

3. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy.
- You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- If the mixture is too thick, add a little more water until you reach your desired consistency.

Recipe Continues ›

4. Freeze the Mixture:

- Pour the blended mixture into a shallow, freezer-safe container.
- Cover the container and place it in the freezer for at least 1-2 hours, or until the mixture is firm enough to scoop.

5. Serve:

- Once the ice cream is frozen, remove it from the freezer.
- Let it sit at room temperature for a few minutes to soften slightly before scooping.
- Scoop the ice cream into a bowl and enjoy immediately.

Seitan Chicken and Butter Bean Stew*

*See page 152 for seitan recipe

Serves 1

Prep time: 20 minutes

Cook time: 40 minutes

INGREDIENTS

- 1 serving seitan chicken
- 150g (5 oz) butter beans, drained and rinsed
- 1 tbsp (0.5 fl oz) olive oil
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 50ml (2 fl oz) oat milk
- 1 tbsp fresh chopped coriander
- 1/2 vegetable stock cube
- 200ml (7 fl oz) boiling water
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- Juice of 1/2 lemon
- Salt & pepper, to taste

METHOD

1. Prepare the Ingredients:

- Drain and rinse the butter beans.
- Mince the garlic and grate the ginger.
- Chop the fresh coriander.

2. Heat the Oil:

- In a medium-sized pot, heat the olive oil over medium heat.

3. Cook the Aromatics:

- Add the minced garlic and grated ginger to the pot. Sauté for 1-2 minutes until fragrant.

4. Add Spices:

- Stir in the ground turmeric and ground cumin, cooking for another 1 minute to release their flavors.

Recipe Continues

5. Combine Ingredients:

- Add the seitan chicken and butter beans to the pot, stirring to coat them in the spice mixture.

6. Prepare the Stock:

- Dissolve the 1/2 vegetable stock cube in 200ml boiling water.

7. Simmer the Stew:

- Pour the prepared stock into the pot. Bring to a simmer and cook for about 20 minutes, allowing the flavors to meld and the stew to thicken slightly.

8. Add the Oat Milk:

- Stir in the oat milk and continue to simmer for another 5-10 minutes until the stew reaches your desired consistency.

9. Season and Finish:

- Add the lemon juice, fresh chopped coriander, salt, and pepper to taste. Stir well to combine.

10. Serve:

- Ladle the stew into a bowl and garnish with extra coriander if desired. Serve with as many steamed green vegetables as you need to feel full!

Seitan Chicken and Butter Bean Medley

*See page 152 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 1 serving seitan chicken
- 150g (5 oz) butter beans, drained and rinsed
- 1 tbsp (0.5 oz) olive oil
- 1 clove fresh garlic, minced
- 1 cm fresh ginger, grated
- 100ml (3.4 fl oz) vegetable stock or broth
- 1 tbsp fresh lemon juice
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt & pepper, to taste
- Fresh parsley for garnish (optional)

METHOD

1. Prepare the Ingredients:

- Mince the garlic and grate the ginger.
- Slice the seitan chicken into bite-sized pieces if not pre-sliced.

2. Heat the Oil:

- In a medium-sized skillet, heat 1/2 tbsp of olive oil over medium heat.

3. Cook the Seitan Chicken:

- Add the seitan chicken to the skillet and cook for 3-4 minutes on each side until lightly browned.

4. Add Garlic and Ginger:

- Add the minced garlic and grated ginger to the skillet with the seitan chicken. Sauté for 2-3 minutes until fragrant.

Recipe Continues

5. Add Vegetable Stock:

- Pour in 50ml of vegetable stock and stir to combine. Allow it to simmer for 5-7 minutes until the liquid is mostly absorbed.

6. Season and Finish:

- Add salt and pepper to taste. Stir in the lemon juice and cook for another 1-2 minutes.

7. Garnish and Serve:

- Garnish with fresh parsley if desired and set aside while you prepare the butter beans.

BUTTER BEAN MEDLEY

1. Heat the Oil:

- In another skillet, heat the remaining 1/2 tbsp of olive oil over medium heat.

2. Cook the Aromatics:

- Add the minced garlic and sauté for 2-3 minutes until fragrant.

3. Add Butter Beans:

- Add the drained and rinsed butter beans to the skillet. Stir to coat them in the garlic oil.

4. Add Herbs and Broth:

- Sprinkle the dried thyme and oregano over the beans. Pour in the remaining 50ml of vegetable stock and stir to combine.

5. Simmer the Beans:

- Allow the mixture to simmer for 10 minutes, stirring occasionally, until the liquid is mostly absorbed and the beans are heated through.

6. Season and Finish:

- Add salt and pepper to taste. Stir in a squeeze of lemon juice for extra brightness.

7. Serve:

- Serve the butter beans alongside the seitan chicken with a crisp green salad.

Seitan Chicken and Butter Bean Salad

*See page 152 for seitan recipe

Serves 1

Prep time: 20 minutes

Cook time: 15 minutes

INGREDIENTS

- 1 serving seitan chicken
- 150g (5 oz) butter beans, drained and rinsed
- 1 tbsp (0.5 oz) olive oil
- 100g (3.5 oz) mixed leaves
- 50g (2 oz) cucumber, sliced
- 50g (2 oz) celery, chopped
- 100g (3.5 oz) cherry tomatoes, halved
- 1 tbsp fresh herbs (such as parsley, basil, or cilantro), chopped
- 1 clove fresh garlic, minced
- 1 cm fresh ginger, grated
- Juice of half a lemon
- Salt & pepper, to taste

METHOD

SEITAN CHICKEN PREPARATION

1. Prepare the Ingredients:

- Mince the garlic and grate the ginger.
- Slice the seitan chicken into bite-sized pieces if not pre-sliced.

2. Heat the Oil:

- In a medium-sized skillet, heat 1/2 tbsp of olive oil over medium heat.

3. Cook the Seitan Chicken:

- Add the seitan chicken to the skillet and cook for 3-4 minutes on each side until lightly browned.

Recipe Continues

4. Add Garlic and Ginger:

- Add the minced garlic and grated ginger to the skillet with the seitan chicken. Sauté for 2-3 minutes until fragrant.

5. Season and Finish:

- Add salt and pepper to taste. Stir in the lemon juice and cook for another 1-2 minutes.

BUTTER BEAN SALAD

1. Prepare the Salad Base:

- In a large mixing bowl, combine the mixed leaves, sliced cucumber, chopped celery, and halved cherry tomatoes.

2. Prepare the Dressing:

- In a small bowl, whisk together the remaining 1/2 tbsp olive oil, juice of half a lemon, salt, and pepper.

3. Combine Ingredients:

- Add the butter beans to the salad. Pour the dressing over the salad and toss gently to combine.

4. Add Fresh Herbs:

- Sprinkle the fresh chopped herbs over the salad and mix well.

ASSEMBLING THE SALAD

1. Combine and Serve:

- Place the dressed salad mixture on a serving plate.
- Arrange the cooked seitan chicken on top of the salad.

2. Finish:

- Garnish with extra fresh herbs if desired.

Dinner Recipes

Red Lentil Soup

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 60g (2 oz) red lentils (uncooked)
- 1 medium carrot, chopped
- 2 medium celery stalks, chopped
- 50g (2 oz) onion, finely chopped
- 1 tbsp fresh chopped coriander
- 1 clove fresh garlic, minced
- 1 cm fresh ginger, grated
- 200ml (17 fl oz) vegetable stock (can use 1/2 stock cube dissolved in boiling water)
- 1 tbsp lemon juice
- Salt & pepper, to taste
- 1 tbsp olive oil

METHOD

1. Prepare the Vegetables:

- Chop the carrot and celery into small pieces.
- Finely chop the onion.
- Mince the garlic and grate the ginger.

2. Heat the Oil:

- In a medium-sized pot, heat the olive oil over medium heat.

3. Cook the Aromatics:

- Add the minced garlic, grated ginger, and chopped onion to the pot. Sauté for 3-4 minutes until the onion becomes translucent and the mixture is fragrant.

4. Add the Vegetables and Lentils:

- Add the chopped carrot, celery, and red lentils to the pot, stirring to combine with the aromatics.

Recipe Continues

5. Prepare the Stock:

- Dissolve the vegetable stock cube in 200ml of boiling water.

6. Simmer the Soup:

- Pour the prepared stock into the pot. Bring to a boil, then reduce the heat and let it simmer for 20-25 minutes, or until the lentils and vegetables are tender.

7. Season and Finish:

- Add the lemon juice, fresh chopped coriander, salt, and pepper to taste. Stir well to combine.

8. Blend the Soup (Optional):

- For a smoother texture, use an immersion blender to partially or fully blend the soup. Alternatively, you can leave it chunky if you prefer.

9. Serve:

- Ladle the soup into a bowl and garnish with extra coriander if desired. Serve with florets of steamed broccoli dropped into the soup if you prefer it chunky.

Red Lentil and Vegetable Stew

Serves 1

Prep time: 20 minutes

Cook time: 35 minutes

INGREDIENTS

- 22 g (0.75 oz) red lentils (uncooked)
- 1 medium carrot, chopped
- 2 medium celery stalks, chopped
- 50g (2 oz) onion, finely chopped
- 1 tbsp fresh chopped coriander
- 1 clove fresh garlic, minced
- 1 cm fresh ginger, grated
- 200ml (7 fl oz) vegetable stock (can use 1/2 stock cube dissolved in boiling water)
- 1 tbsp lemon juice
- 50g (2 oz) broccoli florets
- 50g (2 oz) green beans, trimmed and cut into 1-inch pieces
- 50g (2 oz) spinach leaves
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt & pepper, to taste
- 1 tbsp olive oil

METHOD

1. Prepare the Vegetables:

- Chop the carrot and celery into small pieces.
- Finely chop the onion.
- Mince the garlic and grate the ginger.
- Cut the broccoli into small florets.
- Trim and cut the green beans into 1-inch pieces.
- Rinse the spinach leaves.

2. Heat the Oil:

- In a medium-sized pot, heat the olive oil over medium heat.

3. Cook the Aromatics:

- Add the minced garlic, grated ginger, and chopped onion to the pot. Sauté for 3-4 minutes until the onion becomes translucent and the mixture is fragrant.

Recipe Continues

4. Add the Vegetables and Lentils:

- Add the chopped carrot, celery, broccoli, and green beans to the pot, stirring to combine with the aromatics.
- Add the red lentils and mix well.

5. Add Herbs and Spices:

- Stir in the dried thyme and dried oregano, cooking for another 1-2 minutes to release their flavors.

6. Prepare the Stock:

- Dissolve the vegetable stock cube in 200ml of boiling water.

7. Simmer the Stew:

- Pour the prepared stock into the pot. Bring to a boil, then reduce the heat and let it simmer for 20-25 minutes, or until the lentils and vegetables are tender.

8. Add Spinach:

- Stir in the spinach leaves and let them wilt in the hot stew for about 2-3 minutes.

9. Season and Finish:

- Add the lemon juice, fresh chopped coriander, salt, and pepper to taste. Stir well to combine.

10. Serve:

- Ladle the stew into a bowl and garnish with extra coriander if desired.

Evening Snack Recipes

Vegan Wondershake Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 8-10 ice cubes
- 100ml (3.5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Prepare the Base:

- In a blender, combine the Vegan Wondershake, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter ice cream.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- If the mixture is too thick, add a little more water; if it's too thin, add a few more ice cubes.

3. Freeze the Mixture:

- Pour the blended mixture into a shallow, freezer-safe container.
- Cover the container and place it in the freezer for at least 2-3 hours, or until the mixture is firm.

4. Serve:

- Once the ice cream is frozen, remove it from the freezer.
- Let it sit at room temperature for a few minutes to soften slightly before scooping.
- Scoop the ice cream into a bowl and enjoy immediately.

Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 6-8 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, combine the Vegan Wondershake, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter smoothie.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy.
- If the smoothie is too thick, add more water a little at a time until you reach your desired consistency.

3. Serve:

- Pour the smoothie into a glass & enjoy!

Breakfast Recipes

Berry Vanilla Protein Oatmeal

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 40g (1 oz) rolled oats
- 100ml (3.5 fl oz) soya milk
- 100g (4 oz) frozen mixed berries
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**

METHOD

1. Prepare the Base:

- In a small saucepan, combine the rolled oats and soya milk.
- Cook over medium heat, stirring occasionally, until the mixture starts to thicken (about 3-5 minutes).

2. Add the Berries:

- Add the frozen mixed berries to the saucepan.
- Continue to cook, stirring frequently, until the berries are heated through and the oatmeal reaches your desired consistency (about 3 more minutes).

3. Incorporate the Protein:

- Once the oatmeal is cooked, remove the saucepan from the heat.
- Stir in the Vegan Wondershake Vanilla Crème until fully combined. Ensure there are no lumps and the powder is evenly distributed.

4. Serve:

- Transfer the oatmeal to a bowl.
- Let it cool for a minute before enjoying to allow the flavors to meld together.

Berry Vanilla Protein Smoothie Bowl

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 100g (4 oz) frozen mixed berries
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 100ml (3.5 fl oz) soya milk
- 40g (1 oz) rolled oats
- Water, as needed
- Stevia, to taste (optional)

METHOD

1. Blend the Base:

- In a blender, combine the frozen mixed berries, Vegan Wondershake Vanilla Crème, and soya milk.
- Blend until smooth. If the mixture is too thick, add a little water, a tablespoon at a time, until you reach a thick, smooth consistency.

2. Prepare the Oats:

- In a small bowl, add the rolled oats and a splash of water.
- Microwave on high for 1 minute, or until the oats are slightly softened but still retain some texture.

3. Combine:

- Pour the smoothie into a bowl.
- Stir in the microwaved oats to add some texture and extra fiber to the smoothie bowl.

4. Sweeten:

- Taste the smoothie bowl and add a few drops of stevia if you prefer a sweeter flavor. Mix well to combine.

5. Serve:

- Enjoy immediately with a spoon. Optionally, top with a few extra berries or a sprinkle of oats for garnish.

Berry Vanilla Overnight Oats

Serves 1

Prep time: 5 minutes (plus chilling time)

INGREDIENTS

- 40g (1 oz) rolled oats
- 100ml (3.5 fl oz) soya milk
- 100g (4 oz) frozen mixed berries
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- A pinch of cinnamon
- Stevia, to taste (optional)

METHOD

1. Combine Dry Ingredients:

- In a small bowl or jar, mix the rolled oats, Vegan Wondershake Vanilla Crème, and a pinch of cinnamon.

2. Add Liquid Ingredients:

- Pour the soya milk over the dry ingredients.
- Stir well to combine, ensuring there are no dry clumps of protein powder.

3. Add Berries:

- Gently fold in the frozen mixed berries.
- If you prefer a sweeter taste, add a few drops of stevia and mix thoroughly.

4. Refrigerate:

- Cover the bowl or jar with a lid or plastic wrap.
- Refrigerate overnight (or at least 4 hours) to allow the oats to absorb the liquid and soften.

5. Serve:

- In the morning, give the oats a good stir.
- If the mixture is too thick, you can add a splash of soya milk or water to reach your desired consistency.
- Enjoy cold, or heat it up in the microwave for 1-2 minutes if you prefer a warm breakfast.

Post Workout Recipes

Frozen Protein Smoothie Bowl

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- A pinch of cinnamon (optional)
- Stevia, to taste (optional)

METHOD

1. Blend the Base:

- In a blender, combine the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a pinch of cinnamon and a few drops of stevia if desired.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if it's too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a bowl.
- Optionally, sprinkle a little extra cinnamon on top for garnish.

Vegan Wondershake Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a few drops of stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.

Lunch Recipes

Spiced Tofu and Sweet Potato Bowl

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 200g (7 oz) extra firm organic tofu
- 1 tbsp olive oil
- 200g (7 oz) sweet potato
- 1 tbsp fresh chopped herbs (optional) or 1 tsp dried herbs
- Salt & pepper, to taste
- 1 tsp smoked paprika
- 1/2 tsp cinnamon
- Pinch of cayenne pepper
- 1 tsp ground cumin

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Cut the tofu into 1-inch cubes.

2. Season the Tofu:

- In a bowl, mix the tofu cubes with 1/2 tablespoon of olive oil, 1/2 teaspoon smoked paprika, a pinch of cayenne pepper, salt and pepper.
- Set aside to marinate while you prepare the sweet potato.

3. Prepare the Sweet Potato:

- Peel the sweet potato and cut it into small 1-inch cubes.
- In a separate bowl, toss the sweet potato cubes with the remaining 1/2 tablespoon of olive oil, 1/2 teaspoon smoked paprika, 1/2 teaspoon cinnamon, 1 teaspoon ground cumin, salt, and pepper.

Recipe Continues

4. Cook the Sweet Potato:

- Preheat a non-stick skillet over medium heat.
- Add the seasoned sweet potato cubes to the skillet.
- Cook for 10-12 minutes, stirring occasionally, until the sweet potatoes are tender and slightly crispy.

5. Cook the Tofu:

- In another non-stick skillet, heat a little oil over medium heat.
- Add the marinated tofu cubes to the skillet.
- Cook for 8-10 minutes, turning occasionally, until the tofu is golden brown and crispy on all sides.

6. Combine and Serve:

- Once the sweet potatoes and tofu are cooked, combine them in a bowl.
- Sprinkle with fresh chopped herbs (if using) or dried herbs.
- Adjust seasoning with additional salt and pepper if needed.
- Serve with unlimited green salad or steamed green cruciferous vegetables.

Herb-Crusted Tofu with Spiced Sweet Potato Fries

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) extra firm organic tofu
- 1 tbsp olive oil
- 200g (7 oz) sweet potato
- 1 tbsp fresh chopped herbs (optional) or 1 tsp dried herbs
- Salt & pepper, to taste
- 1 tsp smoked paprika
- 1/2 tsp cinnamon
- Pinch of cayenne pepper
- 1 tsp ground cumin

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Slice the tofu into 1/2-inch thick slices.

2. Marinate the Tofu:

- In a bowl, mix 1/2 tablespoon of olive oil, fresh chopped herbs or dried herbs, salt, and pepper.
- Coat the tofu slices in the herb mixture and set aside to marinate for at least 10 minutes.

3. Prepare the Sweet Potato Fries:

- Preheat your oven to 400°F (200°C).
- Peel the sweet potato and cut it into thin fry-shaped pieces.
- In a bowl, toss the sweet potato fries with the remaining 1/2 tablespoon of olive oil, smoked paprika, cinnamon, cayenne pepper, ground cumin, salt, and pepper.

Recipe Continues

4. Bake the Sweet Potato Fries:

- Spread the seasoned sweet potato fries in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, turning halfway through, until the fries are crispy and golden brown.

5. Cook the Tofu:

- While the sweet potato fries are baking, heat a non-stick skillet over medium heat.
- Add the marinated tofu slices to the skillet.
- Cook for 3-4 minutes on each side, until the tofu is golden brown and crispy.

6. Serve:

- Arrange the herb-crusted tofu slices on a plate.
- Serve with the spiced sweet potato fries on the side.
- Optionally, sprinkle with extra fresh herbs for garnish.

Spiced Tofu and Sweet Potato Bowl with Steamed Greens

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) extra firm organic tofu
- 1 tbsp olive oil
- 200g (7 oz) sweet potato
- 100g (4 oz) broccoli florets
- 100g (4 oz) green beans
- 1 tbsp fresh chopped herbs (optional) or 1 tsp dried herbs
- Salt & pepper, to taste
- 1 tsp smoked paprika
- 1/2 tsp cinnamon
- Pinch of cayenne pepper
- 1 tsp ground cumin

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Cut the tofu into 1-inch cubes.

2. Marinate the Tofu:

- In a bowl, mix the tofu cubes with 1/2 tablespoon of olive oil, fresh chopped herbs or dried herbs, salt, and pepper.
- Set aside to marinate while you prepare the sweet potato.

3. Prepare the Sweet Potato:

- Peel the sweet potato and cut it into 1-inch cubes.
- In a separate bowl, toss the sweet potato cubes with the remaining 1/2 tablespoon of olive oil, smoked paprika, cinnamon, cayenne pepper, ground cumin, salt, and pepper.

Recipe Continues

4. Cook the Sweet Potato:

- Preheat your oven to 400°F (200°C).
- Spread the seasoned sweet potato cubes in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, turning halfway through, until the sweet potatoes are tender and slightly crispy.

5. Cook the Tofu:

- While the sweet potato is baking, heat a non-stick skillet over medium heat.
- Add the marinated tofu cubes to the skillet.
- Cook for 8-10 minutes, turning occasionally, until the tofu is golden brown and crispy on all sides.

6. Steam the Vegetables:

- While the tofu and sweet potato are cooking, bring a pot of water to a boil and place a steamer basket over it.
- Add the broccoli florets and green beans to the steamer basket.
- Cover and steam for 5-7 minutes, until the vegetables are tender but still bright green.

7. Combine and Serve:

- Once everything is cooked, combine the roasted sweet potato, crispy tofu, steamed broccoli, and green beans in a bowl.
- Sprinkle with extra fresh herbs if using and adjust seasoning with additional salt and pepper if needed.
- Serve immediately.

Spiced Tofu and Sweet Potato Salad

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) extra firm organic tofu
- 1 tbsp olive oil
- 200g (7 oz) sweet potato
- 50g (2 oz) mixed salad greens or lettuce
- 50g (2 oz) cucumber, sliced
- 50g (2 oz) cherry tomatoes, halved
- 30g (1 oz) celery, chopped
- 30g (1 oz) spring onions, sliced
- 1 tbsp fresh chopped herbs (optional) or 1 tsp dried herbs
- Salt & pepper, to taste
- 1 tsp smoked paprika
- 1/2 tsp cinnamon
- Pinch of cayenne pepper
- 1 tsp ground cumin

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Cut the tofu into 1-inch cubes.

2. Marinate the Tofu:

- In a bowl, mix the tofu cubes with 1/2 tablespoon of olive oil, fresh chopped herbs or dried herbs, salt, and pepper.
- Set aside to marinate while you prepare the sweet potato.

3. Prepare the Sweet Potato:

- Peel the sweet potato and cut it into 1-inch cubes.
- In a separate bowl, toss the sweet potato cubes with the remaining 1/2 tablespoon of olive oil, smoked paprika, cinnamon, cayenne pepper, ground cumin, salt, and pepper.

Recipe Continues

4. Cook the Sweet Potato:

- Preheat your oven to 400°F (200°C).
- Spread the seasoned sweet potato cubes in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, turning halfway through, until the sweet potatoes are tender and slightly crispy.

5. Cook the Tofu:

- While the sweet potato is baking, heat a non-stick skillet over medium heat.
- Add the marinated tofu cubes to the skillet.
- Cook for 8-10 minutes, turning occasionally, until the tofu is golden brown and crispy on all sides.
- Remove from heat and let it cool slightly.

6. Prepare the Salad:

- In a large bowl, combine the mixed salad greens or lettuce, cucumber slices, cherry tomato halves, chopped celery, and sliced spring onions.
- Toss the salad ingredients together.

7. Assemble and Serve:

- Add the cooked sweet potato cubes and tofu to the salad.
- Gently toss to combine all ingredients.
- Season with additional salt and pepper to taste.

Dinner Recipes

Spiced Tofu with Lentil and Vegetable Stir-Fry

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

Spiced Tofu:

- 140g (5 oz) extra firm tofu
- 1/2 tbs olive oil
- 1 clove fresh garlic, minced
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Juice of half a lemon
- Salt & pepper, to taste

Lentil and Vegetable Stir-Fry:

- 200g (7 oz) cooked brown or green lentils
- 50g (2 oz) broccoli, cut into florets
- 50g (2 oz) green beans, trimmed and cut in half
- 1/2 tbsp olive oil
- 1 clove fresh garlic, minced
- 1/2 tsp fresh ginger, grated
- 1/2 tsp dried oregano (or fresh herbs of your choice)
- Salt & pepper, to taste

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Cut the tofu into 1-inch cubes.

2. Marinate the Tofu:

- In a bowl, mix 1/2 tablespoon of olive oil, minced garlic, ground cumin, smoked paprika, lemon juice, salt, and pepper.
- Add the tofu cubes to the bowl and toss to coat evenly.
- Let it marinate for at least 10 minutes.

3. Cook the Tofu:

- Heat a non-stick skillet over medium heat.
- Add the marinated tofu cubes to the skillet.
- Cook for 5-7 minutes, turning occasionally, until the tofu is golden brown and crispy on all sides.
- Remove the tofu from the skillet and set aside.

Recipe Continues

4. Prepare the Lentil and Vegetable Stir-Fry:

- In the same skillet, add 1/2 tablespoon of olive oil over medium heat.
- Add the minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the broccoli florets and green beans to the skillet.
- Stir-fry the vegetables for 5-7 minutes until they are tender but still crisp.
- Add the cooked lentils to the skillet, stirring to combine.
- Season with dried oregano (or fresh herbs), salt, and pepper to taste.
- Cook for another 2-3 minutes until everything is heated through.

5. Serve:

- Arrange the lentil and vegetable stir-fry on a plate.
- Top with the crispy spiced tofu cubes.
- Optionally, drizzle with a bit more lemon juice for extra flavor.

Tofu and Lentil Veggie Bowl with Steamed Asparagus

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

Herb-Crusted Tofu:

- 140g (5 oz) extra firm tofu
- 1/2 tbsp olive oil
- 1 clove fresh garlic, minced
- 1/2 tsp dried oregano (or fresh herbs of your choice)
- Salt & pepper, to taste

Lentil and Vegetable Medley:

- 200g (7 oz) cooked brown or green lentils
- 50g (2 oz) broccoli, cut into florets
- 50g (2 oz) green beans, trimmed and cut in half
- 1/2 tbsp olive oil
- 1/2 tsp fresh ginger, grated
- Salt & pepper, to taste

Steamed Asparagus:

- 100g (4 oz) asparagus, trimmed
- Salt & pepper, to taste
- Juice of half a lemon (optional)

Lemon Herb Dressing:

- Juice of half a lemon
- 1/2 tbsp olive oil
- 1 clove fresh garlic, minced
- Salt & pepper, to taste

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Cut the tofu into 1-inch cubes.

2. Season and Cook the Tofu:

- In a bowl, mix 1/2 tablespoon of olive oil, minced garlic, dried oregano, salt, and pepper.
- Toss the tofu cubes in the mixture to coat evenly.
- Heat a non-stick skillet over medium heat.
- Add the tofu cubes and cook for 5-7 minutes, turning occasionally, until golden brown and crispy on all sides.
- Remove from the skillet and set aside.

Recipe Continues

3. Prepare the Lentil and Vegetable Medley:

- In the same skillet, add 1/2 tablespoon of olive oil over medium heat.
- Add the grated ginger and sauté for 1 minute until fragrant.
- Add the broccoli florets and green beans to the skillet.
- Stir-fry the vegetables for 5-7 minutes until they are tender but still crisp.
- Add the cooked lentils to the skillet, stirring to combine.
- Season with salt and pepper to taste.
- Cook for another 2-3 minutes until everything is heated through.

4. Steam the Asparagus:

- Bring a pot of water to a boil and place a steamer basket over it.
- Add the asparagus to the steamer basket.
- Cover and steam for 4-5 minutes, until the asparagus is tender but still bright green.
- Remove from the steamer and season with salt, pepper, and a squeeze of lemon juice if desired.

5. Prepare the Lemon Herb Dressing:

- In a small bowl, mix the juice of half a lemon, 1/2 tablespoon olive oil, minced garlic, salt, and pepper.

6. Assemble the Bowl:

- Arrange the lentil and vegetable medley in a bowl.
- Top with the crispy herb-crusted tofu cubes.
- Place the steamed asparagus on the side.
- Drizzle the lemon herb dressing over the entire bowl.

Evening Snack Recipes

Vegan Wondershake Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 8-10 ice cubes
- 100ml (3.5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Prepare the Base:

- In a blender, combine the Vegan Wondershake, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter ice cream.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- If the mixture is too thick, add a little more water; if it's too thin, add a few more ice cubes.

3. Freeze the Mixture:

- Pour the blended mixture into a shallow, freezer-safe container.
- Cover the container and place it in the freezer for at least 2-3 hours, or until the mixture is firm.

4. Serve:

- Once the ice cream is frozen, remove it from the freezer.
- Let it sit at room temperature for a few minutes to soften slightly before scooping.
- Scoop the ice cream into a bowl and enjoy immediately.

Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 6-8 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, combine the Vegan Wondershake, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter smoothie.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy.
- If the smoothie is too thick, add more water a little at a time until you reach your desired consistency.

3. Serve:

- Pour the smoothie into a glass.

Simple Chicken Seitan Recipe

This recipe is extremely simple to make, even though it looks daunting from the outset. I would recommend making one or two portions of the full recipe at the start of the week when meal prepping. It stores well in the freezer if you fancy making enough to last a month!

Serves 8

Prep time: 15 minutes

Cook time: 35 minutes

INGREDIENTS

- 400g (14.1 oz) can cannellini beans, liquid included
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 3 tbsp nutritional yeast
- 4 tbsp olive oil
- 1 tbsp miso paste
- 380g (13.4oz) vital wheat gluten
- 349g (12.3 oz) silken tofu
- 1 tsp salt
- 1 Knorr vegetable jelly stock cube

METHOD

1. Prepare the baking tray:

- Fill a large, deep baking tray with water, around half an inch, and set a wire rack on top, making sure it doesn't touch the wire rack. The type that you use for cooling baked goods would be perfect here.
- Bring it to a boil.

2. Blend all ingredients:

- Use a food processor to blend all ingredients except the vital wheat gluten, creating a paste.
- Add vital wheat gluten and pulse until a ball of dough forms. Pulse for 20-30 more seconds to work the gluten.

Recipe Continues

3. Wrap the seitan in foil:

- Divide the mixture into two portions and spread each half about half an inch thick on separate pieces of foil.
- Wrap each piece with the foil you placed it on.
- Place the wrapped seitan on the wire rack on the steaming tray.

4. Get ready to steam:

- Once water simmers, cover the tray fully with another large piece of foil (or use 2 pieces if needed for complete coverage) to create a steaming environment.
- Tuck the foil in around the edges of the top edge of the tray as much as possible.

5. Steam the seitan:

- Reduce heat to the lowest setting. Steam for 15 minutes on one side, then turn and steam for another 15 minutes. Seitan should feel firm and not doughy.
- If needed, steam for an additional 5 minutes.

6. Allow to cool and serve:

- Remove from foil and allow to cool fully.
- Store in the refrigerator for a week or freeze for up to 3 months.
- Enjoy by tearing and frying, or marinating with your favorite spices.

Each seitan chicken portion has the following macros. If you can find a similar store bought substitute, you can absolutely use that instead:

Calories: 310
Protein: 42.4g
Carbs: 13.5g
Fat: 9.4g

ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. **Strong & Sculpted Podcast**
   Your go to resource for everything to do with muscle sculpting and fat burning
2. **Private Facebook Group**
   Join our private community and receive free coaching from one of our experienced coaches
3. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Getty, my personal trainer, as we discuss supplements, protein, training and more.
7. **The Sculpted Vegan Video Blogs**
   Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
8. **Free Resources**
   Download training and meal plans for free
9. **Get Kim's Look**
   Get the deets (AND DISCOUNTS!)

THE SCULPTED *vegan*

APPAREL



















SHOP NOW



WWW.THESCULPTEDVEGAN.COM