



VEGETARIAN FOOD GUIDE

WEEK 2 VEGETARIAN MEAL PLAN,
RECIPES AND SHOPPING LIST

MÖDERE

WEEK 2 VEGETARIAN MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Vegan Big Breakfast with Scrambled Tofu and 1 slice of wholegrain bread and 2 slices vegan cheddar cheese	1 cup Baked Bean Delight on toast and 1 banana	1 Cup Overnight Chia and Nut Breakfast Blend with 1 cup almond milk	Blueberry Eggless Pancake with maple syrup	1 palm size Chickpea Omelette and 1/2 cup rockmelon	Baked Sunshine Granola and 1 cup rockmelon	Muesli with Fruit Yoghurt
MORNING TEA	100g blueberries and 20g walnuts	1 apple and 20g almonds	100g dried apricots and 20g cashews	Celery and carrot sticks, 1/3 Cup beetroot hummus and 20g unsalted cashews	1 apple and 20g walnuts	100g strawberries and 40g almonds	1 banana and 20g unsalted cashews
LUNCH	Vegan Haloumi with Beans and Peas Surprise	Vegetarian Chickpea Curry	Quinoa, Fig and Green Salad	Ratatouille on Cheesy Polenta	Roasted asparagus and tomatoes with a lemon dressing	Wild Rice Salad	Roast Pumpkin with Couscous
AFTERNOON TEA	Chocolate Shake Pea Protein with 200ml almond milk or water	Chocolate Shake Pea Protein with 200ml almond milk or water	Chocolate Shake Pea Protein with 200ml almond milk or water	Chocolate Shake Pea Protein with 200ml almond milk or water	Chocolate Shake Pea Protein with 200ml almond milk or water	Chocolate Shake Pea Protein with 200ml almond milk or water	Chocolate Shake Pea Protein with 200ml almond milk or water
30 MINS BEFORE DINNER	SYNC Fibre Drink	SYNC Fibre Drink	SYNC Fibre Drink	SYNC Fibre Drink	SYNC Fibre Drink	SYNC Fibre Drink	SYNC Fibre Drink
DINNER	Grilled Portobello with Chopped Salad	Grilled Tempeh Salad with Peaches and Pistachios	Mediterranean Baked Sweet Potato	1 Root Vegetable Towers	Rainbow Veggie Kebabs	Roast Pumpkin Rounds	Kelp Noodles in Peanut Miso Sauce
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea

VEGAN BIG BREAKFAST WITH SCRAMBLE TOFU

INGREDIENTS

150g firm tofu, well drained
 1 tsp curry powder
 1/4 tsp sweet paprika
 1 tbsp water
 Olive oil spray
 1 clove garlic, minced
 1 spring onion, finely diced
 1 tbsp red capsicum, chopped into small squares
 1 tbsp parsley, very finely chopped
 Pinch sea salt black pepper
 Handful baby spinach, chopped into thin strips

SIDES

1 medium tomato, cut in half
 8 small or 6 medium mushrooms, sliced thinly
 1/4 tsp onion powder
 1/2 tsp dried oregano
 1/2 tbsp parsley chopped

DIRECTIONS

Preheat oven on low heat 180°C.

Spray or brush fry pan with olive oil and heat. Add the tomatoes, sprinkle with onion powder and oregano. Cook for two minutes, turning over half way through.

Add sliced mushroom and cook, stirring occasionally for a further 3 minutes.

Remove from heat and transfer tomato and mushrooms into an ovenproof bowl, sprinkle with parsley and keep warm.

Respray the pan with olive oil and return to heat.

In a medium bowl, break up the tofu until it resembles scrambled egg. Add the curry powder, paprika and water.

Fry the garlic, spring onion and capsicum until soft, approximately 2 minutes.

Add tofu mixture and stir well with the onion and garlic. Cook for two minutes before adding the parsley, spinach, and seasoning to taste with salt and pepper.

Stir occasionally for another 2 minutes.

Serve with the tomato and mushrooms.

Serves 2

BAKED BEAN DELIGHT

INGREDIENTS

240g tin cannellini beans, drained
 100g canned diced tomatoes
 1/2 onion, finely diced
 2 cloves garlic, minced
 1 tbsp tomato purée
 1/2 tsp smoked paprika
 1/4 tsp dried thyme
 1 tbsp brown sugar
 1 tbsp soy sauce
 Black pepper

DIRECTIONS

Heat the oil in a saucepan and add the onion and garlic. Cook over a medium heat for 5 minutes until soft and translucent. Add the tomato purée, paprika, thyme, brown sugar and soy sauce and cook for a couple more minutes.

Add the beans and diced tomatoes and simmer for at least 5 minutes, until the mixture is piping hot and the sauce has thickened a little. Season generously with black pepper. You probably won't need salt because of the soy sauce, but add it if you think it needs it.

Serves 2

OVERNIGHT CHIA AND NUT BREAKFAST BLEND

INGREDIENTS

15g chia seeds
20g almonds
60g raw cashew nuts
1/4 tsp vanilla essence
3 drops stevia liquid or 1 tbsp maple syrup
1/4 tsp nutmeg
1/4 tsp ground cinnamon
350mL water

DIRECTIONS

Put the chia seeds in a mixing bowl.

In a food processor, blend the almonds, cashews, vanilla, stevia/maple syrup, nutmeg and cinnamon with 350mL of water until smooth.

Add to the chia seeds and mix well.

Place into two serving bowls or jars and refrigerate overnight.

In the morning, add a little almond milk or your favourite nut milk, scatter a few slices of your favourite fruit: berries, kiwi fruit, banana, peach over the top, along with some crushed nuts and you are done!

Serves 2

BLUEBERRY EGGLESS PANCAKES

INGREDIENTS

1 cup wholewheat flour, sifted
1 tbsp white sugar
1 tsp cinnamon
1 tsp baking powder
1 cup almond milk
2 tbsp sunflower oil
1 tbsp water
1 tsp vanilla extract
1 cup blueberries, washed and drained
1 tbsp maple syrup to serve

DIRECTIONS

Sift together and combine all dry ingredients in a medium to large mixing bowl.

Make a well in the centre of the flour mixture; add milk, oil, water and vanilla.

Blend all ingredients using a whisk until just combined. Do not over mix - it should still appear slightly lumpy. Sprinkle blueberries into batter and gently blend. Do not over mix to avoid discolouring the batter. Set aside.

Spray 25cm frying pan with cooking spray, heat it over medium-hot stove. When hot, pour 1/3 cup of the batter in the middle of the pan. Cook until bubbles form on the surface of the pancake. Flip the pancake with a turner and cook for another minute.

Serve 3 pancakes with a tablespoon of maple syrup. Add more sugar if you prefer not to use syrup.

Serves 2



CHICKPEA OMELETTE

INGREDIENTS

CHICKPEA BATTER

- 3/4 cup chickpea flour
- 3/4 cup and 1 tbsp your choice of nut milk
- 2 tsp apple cider vinegar
- 1/4 tsp turmeric powder
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp bicarb soda
- Salt and pepper

STUFFING OPTIONS

- 1 tbsp olive oil (1/2 tbsp for frying vegetables, 1/2 tbsp omelette)
- 1/4 of a red onion, finely chopped
- 2 cloves garlic, minced
- 1/2 medium tomato, chopped
- 1/4 cup sliced mushroom
- 1 tbsp capsicum, finely chopped
- 1/4 cup baby spinach, chopped
- 1 tbsp parsley, chopped

DIRECTIONS

In a medium bowl, whisk together the batter ingredients to resemble pancake consistency.

Heat 1/2 tablespoon oil in a non stick frypan and saute the garlic and onion until soft and translucent. Add the mushroom and capsicum, stir occasionally. Add the tomato and stir for an additional minute, then remove from pan onto a plate.

Scatter the baby spinach over the cooked vegetables. Set aside.

Return the non stick frypan to stove top, add 1/2 tablespoon of olive oil and heat. Pour the batter into the pan. Place the vegetable mixture over one half of the batter only. Leave to cook for approximately two minutes until the omelette sets around the edges.

Gently fold the the omelette over the vegetable side. Cover the pan and continue cooking for a further minute. Remove from heat and allow to sit for 3 minutes.

Serves 2

further minute. Remove from heat and allow to sit

BAKED SUNSHINE GRANOLA

INGREDIENTS

- 1/2 cup rolled rice or oats
- 1/2 tbsp sunflower oil
- 1/2 tbsp maple syrup
- 1/2 tbsp orange juice
- 1/4 tsp vanilla essence
- 40g sunflower seeds
- 1/2 tbsp sesame seeds
- 50g pepitas
- 2 tsp flaked almonds
- 1/4 tsp mixed spice (or 1/4 tsp cinnamon and 1/4 tsp nutmeg)
- 30g dried cranberries
- 15g dried apples, finely chopped
- 2 tbsp sultanas

DIRECTIONS

Preheat oven to 200°C.

In a bowl mix the rice or oats, oil, syrup, essence, seeds, almonds and spice. Spread over baking paper on an oven tray. Bake for 15 minutes, stirring at least once.

Remove from oven and sprinkle the dried fruit over the mixture, gently stirring through. Put back in oven for 5 minutes more.

Remove from heat and cool.

Store in an airtight container in the fridge for up to 2 months.

Serve with the milk of your choice.

Serves 2

MUESLI WITH FRUIT YOGHURT

INGREDIENTS

- 25g sunflower seeds
- 25g pepitas
- 30g linseeds
- 30g rolled oats
- 1 tsp sesame seeds
- 25g dried cranberries
- 25g walnuts, finely chopped
- 375mL almond milk
- 1/2 tsp ground cinnamon
- 1/4 tsp nutmeg
- 1/2 tbsp maple syrup
- Raspberries to serve
- VEGAN YOGHURT
- 250g vegan yoghurt
- 1 banana or mango, pureed

DIRECTIONS

In a large bowl mix together all ingredients: sunflower seeds, pepitas, linseeds, oats, sesame seeds, cranberries and walnuts, milk, cinnamon, nutmeg and maple syrup. Place in fridge overnight.

In another bowl, mix the yoghurt and pureed fruit to combine.

Serve with a dollop of yoghurt to each and scatter berries over the top.

Serves 2

VEGAN HALOUMI WITH BEANS AND PEAS SURPRISE

INGREDIENTS

- 4 x 60g vegan haloumi
- 120g green beans, washed and halved
- 30g baby spinach leaves, washed
- 1 clove garlic, peeled, sliced thinly
- 8-10g fresh ginger
- 1 tbsp olive oil
- 1 fresh chili, chopped
- 40g frozen baby peas
- Salt and cracked pepper

DIRECTIONS

Steam beans until just tender, rinse under cold water, drain and pat dry.

Heat oil in a wok over medium-high heat. Saute ginger and chilli for around 30 seconds until fragrant. Add beans and peas, stir fry for a minute, add spinach, stir until leaves have wilted and beans and peas have heat through.

Serves 2

VEGETARIAN CHICKPEA CURRY

INGREDIENTS

125g canned chickpeas, drained
2 garlic cloves, minced
10g ginger, peeled grated
1 medium brown onion
2 tbsp olive oil
1 tsp ground coriander seed
1 tsp garam masala
1 cup water
2 fresh chilli, chopped
50g fresh coriander, chopped
40g vegan yoghurt per serve
1/2 cup brown rice to serve

DIRECTIONS

Place garlic, ginger and onion in a small blender and whiz until you achieve a smooth paste consistency.

Heat olive oil in a saucepan then add the onion mixture. Cook until fragrant for 5 minutes stirring to prevent herbs from sticking on the pan. Add spices, mix well and cook for another minute or 2.

Boil chickpeas and water in a larger pot. Add the spices and herb mixture, cook covered for 2 hours or until chickpeas are tender. Season with salt and pepper. Pop in chilli and mix well.

Sprinkle with fresh coriander. Serve with 1/2 cup brown rice and a dollop of vegan yoghurt or on its own.

Serves 2

QUINOA AND FIG AND GREEN SALAD

INGREDIENTS

1/2 cup quinoa, rinsed
2 cups of salad greens (rocket, baby spinach, kale or lettuce)
2 fresh figs, quartered
50g walnuts, chopped
1 tbsp pine nuts
DRESSING
50mL olive oil
Juice of 1 orange
1 tbsp maple syrup
1 tsp dijon mustard
Salt and black pepper to taste

DIRECTIONS

Bring 2 cups of water to boil in a saucepan. Add the quinoa, stir and reduce the heat to low. Cover pot until the liquid has been absorbed, approximately 15 minutes.

Remove from heat and allow to cool.

Preheat oven to moderate (180°C). Place walnuts and pine nuts on oven tray and bake for 5 to 10 minutes.

Meanwhile whisk or shake the dressing ingredients together.

Add the nuts, figs and dressing to the quinoa. Stir gently to combine.

Divide the mixed greens between 4 serving plates.

Dish the quinoa mixture evenly across the four plates.

Serves 2 as a main or 4 as a side dish



RATATOUILLE ON CHEESY POLENTA

INGREDIENTS

1 small eggplant, coarsely chopped
1/2 red capsicum, diced
200g diced tomatoes
6-8 basil leaves
2 tsp olive oil
Salt and pepper

POLENTA

85g Polenta
2 1/2 cups water
40g vegan parmesan cheese, finely grated

DIRECTIONS

Heat oil in a large frying pan, place tomatoes in, add eggplant, capsicum, allow to cook until tender, stirring occasionally. Simmer for another 3-5 minutes uncovered until the mixture thickens slightly. Season with salt and pepper.

For cheesy polenta: in a saucepan, combine polenta and water. Bring to the boil, stirring occasionally. Reduce heat, cover the pan, cook for 10 minutes until polenta thickens. Remove from heat, stir in cheese and season with salt if required. Allow to stand for 5 minutes.

Serve polenta with ratatouille.

Serves 2

WILD RICE SALAD

INGREDIENTS

100g wild rice
100g brown rice
1 tbsp pistachios, shelled
Juice of 1/2 a lemon
1 cup dried fruit mix (sultanas, chopped apricots, pineapple, apple, goji berries, mangoes)
Handful of fresh mint leaves, roughly chopped
1 clove garlic, minced
1 tsp olive oil
Sea salt and black pepper

DIRECTIONS

Boil each rice in lightly salted water following the packet instructions. Drain and rinse under cold water.

Meanwhile, toast the pistachios (nuts only) in a dry pan over a medium heat for 2-3 minutes, tossing frequently so that they don't burn. Remove and lightly crush.

Place the rice in a serving bowl, add the lemon juice, mint, rocket, garlic and dried fruit mix and combine well.

Drizzle over the oil, then season and sprinkle the toasted nuts over the top to serve.

Serves 2

ROASTED PUMPKIN WITH COUSCOUS

INGREDIENTS

350g pumpkin, diced into bite size pieces
1 small or 1/2 medium red onion, diced
1/2 tsp olive oil
1 tsp Moroccan seasoning
1/2 cup quinoa seeds, cooked
1 cup baby spinach, chopped
125g can chickpeas, drained, rinsed
1/4 cup toasted pine nuts
1/4 cup coriander, chopped
1 tsp parsley, chopped
Salt and pepper to season

DIRECTIONS

Preheat oven 200°C.

Place pumpkin, onion, oil and Moroccan seasoning in a bowl and mix well.

Prepare 2 baking trays by lining them with baking paper. Arrange the pumpkin mixture evenly on one tray. Bake until tender and cooked through, approximately 20 to 30 minutes. Remove and cool.

On the second tray arrange the pine nuts and place in oven until they start to brown, approximately 5 minutes.

Transfer the cooked pumpkin into a salad bowl, add quinoa, chickpeas, spinach, parsley and coriander. Season with salt and pepper to taste. Sprinkle with pine nuts and toss gently to combine. Serve.

Serves 2

GRILLED PORTOBELLO WITH CHOPPED SALAD

INGREDIENTS

1/4 cup lemon juice
3 tbsp extra virgin olive oil
1/4 cup chopped fresh dill
2 cloves garlic, minced
1/4 tsp salt freshly ground pepper
4 large Portobello mushroom caps, gills removed
1 x 430g can small white beans, rinsed
1 small capsicum, quartered and seeded
1 small red onion, cut into thin slices
1 medium zucchini, cut lengthwise into thin slices
1 avocado mashed

DIRECTIONS

Preheat grill to medium-high. Combine lemon juice, oil, dill, garlic, salt and pepper in a large bowl. Add mushroom caps and turn to coat. Remove the mushrooms from the bowl. Add white beans; stir to coat.

Place the mushroom caps gill-side up on the grill with peppers, onion and zucchini. Grill the vegetables, turning once, until they start to char and soften: about 8 minutes for the mushrooms and 6 minutes for the rest. Turn the mushrooms gill-side up again. Fill each with 1/4 cup mashed Avocado and grill about 1 minute more. Chop peppers, onion and zucchini and add to the bowl with the beans; toss to combine.

Top each mushroom with about 1 cup of the grilled salad.

Serves 2

GRILLED TEMPEH SALAD WITH PEACHES AND PISTACHIOS

INGREDIENTS

250g package tempeh, cut into strips
1/4 cup olive oil
3 tbsp balsamic vinegar
1 tbsp Dijon mustard
1 clove garlic, minced
2 peaches, pitted and sliced
2 handfuls spring salad mix
30g toasted pistachios, coarsely chopped
120g tofu feta
MARINADE
2 tbsp vegetable stock
2 tbsp tamari
2 tbsp rice wine vinegar
1/4 tsp garlic powder
1/4 tsp onion powder
Salt and black pepper

DIRECTIONS

Mix the marinade; the stock, tamari, vinegar, garlic powder, onion powder, pepper and salt. Arrange the tempeh in a shallow baking dish, pour the marinade over the tempeh and toss them. Cover with cling wrap for at least two hours or overnight in the fridge.

Mix the olive oil, balsamic vinegar, mustard, garlic and the remaining salt and pepper. Set aside.

Heat a grill to medium-high, place the tempeh strips on the grill, and cook for about 3 minutes, flipping the strips at about the halfway point to cook the other side for another 3 minutes. You'll want both the tempeh strips and the peaches to have nice grill marks. Remove them from the heat.

In a large bowl, place the spring salad mix and toss with the prepared balsamic dressing. Add the grilled tempeh and peaches, the pistachios and the tofu feta. Serve while the tempeh and peaches are still warm.

Serves 2 large salads or 4 side salads

MEDITERRANEAN BAKED SWEET POTATOES

INGREDIENTS

2 medium sweet potatoes, washed, cut in half lengthways
215g can chickpeas, rinsed and drained
2 tsp olive oil
1/4 tsp cumin
1/4 tsp smoked paprika
Pinch of sea salt
GARLIC HERB SAUCE
30g tahini
1/2 tbsp lemon juice
1/2 tsp dried dill
1 clove garlic, minced
Water
Sea salt to taste
TOPPINGS OPTIONAL
20g cherry tomatoes, diced
10g parsley, chopped
15mL lemon juice
Chilli garlic sauce

DIRECTIONS

Preheat oven to 205° C. Line a large baking tray with foil.

Combine chickpeas with olive oil and spices, rub the sweet potatoes with a bit of olive oil/chick peas mix and place face down baking tray. Roast potatoes for 20-25 minutes or until slightly brown and fork tender.

In the meantime, prepare the sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water to thin so it's pourable. Taste and adjust seasonings as needed.

Prepare the parsley-tomato topping by tossing tomato and parsley with lemon juice and setting aside to marinate.

Remove sweet potato from oven and serve with potato flesh side up and smash down the inside a little bit. Garnish with the topping ingredients.

Serves 2

ROOT VEGETABLE TOWERS

INGREDIENTS

VEGETABLES
1 medium sweet potato
1 medium beetroot
1 large red onion
1 large potato
3 tbsp olive oil
1 tbsp vegan butter
Cooking spray
MASH
1 medium carrot, halved lengthways
1 medium parsnip, halved lengthways
1 large clove of garlic, peeled, sliced
1 tsp dried rosemary
1 tsp vegan butter
1 tbsp almond milk
1 tablespoon freshly chopped parsley
Salt and pepper to taste
OPTIONAL
Crushed nuts or dukkha mix

DIRECTIONS

Melt the butter and oil in a small frypan or pot. Place the sweet potato and potato into a large bowl. Pour the melted butter and oil over. Season lightly and stir. Now layer the vegetable slices alternately: potato, onion, beetroot, sweet potato until you reach the desired height. If you would like added flavour and texture you could sprinkle some crushed nuts or dukkha mix every so often in the layering process.

Put the towers into the oven to roast for 45 minutes.

Remove the carrot and parsnip from the oven. Place into the bowl that the potatoes had been coated in. Mash the vegetables. Add all the other mash ingredients and combine. Taste to see if more seasoning is needed.

Fifteen minutes before the towers are ready, put the carrot mash into the oven to warm

When ready to serve, spoon the mash onto serving plates. Scoop out your towers from the muffin pan and sit on the mash.

Serves 2



RAINBOW VEGGIE KEBABS

INGREDIENTS

200g yellow pumpkin
1/4 tsp ground cumin
1 tsp coriander, finely chopped
1/4 tsp smoked paprika
3 tbsp olive oil
12 cherry tomatoes
1 small broccoli, cut into florets
4 button mushrooms, halved if large
Juice of 1 lime
12 small bamboo skewers

DIRECTIONS

Soak bamboo skewers in a bowl of water, leave for a 30 minutes.

Preheat the grill to medium - high heat.

In a small bowl, combine cumin, coriander, paprika and 1 teaspoon salt. Set aside.

Combine pumpkin and tomatoes in a large bowl. Drizzle with 1 teaspoon olive oil. In another bowl, toss broccoli and drizzle with 1 teaspoon olive oil. In third bowl, toss mushrooms with 1 teaspoon olive oil. Thread vegetables onto skewers.

Grill pumpkin and tomatoes for 6-8 minutes or until slightly browned, turning over once. Grill broccoli and mushrooms until slightly brown, turning over once. Arrange skewers on a large platter, drizzle with lime juice all over vegetables. Drizzle with remaining tablespoon oil. Cover platter tightly with foil; let stand, covered for at least 5 minutes before serving.

4-5 skewers per serve.

Serves 2

ROAST PUMPKIN ROUNDS

INGREDIENTS

200g butternut pumpkin
1 tbsp olive oil
1 small red onion
1 clove garlic, minced
1/4 red capsicum, diced
1 tbsp semi-dried tomatoes, chopped
1 tbsp black olives, chopped
1/4 cup pine nuts
1/3 cup brown rice, pre-cooked
1/2 cup baby spinach, chopped
25g dried cranberries
1 tsp Italian dried herbs
2 tbsp orange juice
Juice of half a lemon
Sea salt and black pepper to taste for stuffing mixture and extra for basting oil mix

DIRECTIONS

Preheat the oven to 180°C.

Wipe skin of butternut with a damp cloth. Cut in half lengthways. Scoop out the seeds and discard. Create a 'trench' along the length of both pieces to make room for the stuffing. Chop up any flesh you have removed.

In a frying pan, heat 2 tablespoons of the olive oil. Add the onion and garlic and stir until fragrant. Now add the pumpkin flesh, capsicum, semi-dried tomatoes, olives, pine nuts, cranberries and Italian herbs.

Lastly add the rice, spinach, orange juice, salt and pepper to taste. Cook for a further 2 minutes, stirring.

Place the pumpkin halves on a large layer of aluminum foil. Stuff the mixture firmly into the pumpkin 'trenches'. Put pumpkin back together. You may need to tie kitchen string around pumpkin to hold together.

In a small bowl, mix 1 tablespoon olive oil with lemon juice and extra salt and pepper. With a basting brush, brush the oil over the skin.

Wrap securely in foil. Bake for a minimum of 2 1/2 hours.

Serves 2

KELP NOODLES IN PEANUT MISO SAUCE

INGREDIENTS

2 tbsp olive oil
340g seaweed (kelp*) noodles
1 brown onion, quartered
1 carrot, julienned
1 celery stalk, sliced into diagonal pieces
1 small sized broccoli, broken into even sized flowerets
1 small size or half cauliflower broken into even sized flowerets
150g baby corn spears
10 snow peas, halved
SAUCE
1/4 cup miso**
1/2 cup natural peanut butter
2 tbsp of rice wine vinegar
1 tsp sesame oil
1 tsp brown sugar
1/4 cup water
1 tbsp sesame seeds to sprinkle

DIRECTIONS

Combine the sauce ingredients in a bowl and whisk. Set aside.

Heat oil in a wok or large fry pan.

Add onions and stir fry until translucent. Then add all vegetables, except the snow peas and continue with the frying for 5 minutes or until vegetables are softening.

Break noodles into approximately 10cm lengths and add to vegetables. Stir until noodles have softened and vegetables are cooked.

Add sauce and snow peas to noodles and vegetables. Stir through to warm.

Divide into serving bowls and sprinkle with sesame seeds.

Serves 2

NOTE: *Kelp noodles should be available from your supermarket either in the health or Asian section, from an Asian grocer or online.

**Miso is a Japanese flavouring made from fermented soybeans. It is readily available in supermarkets, Asian grocers or online.



FRUIT	QTY	VEGETABLES	QTY	HERBS	QTY	CONDIMENTS, OILS,	QTY
Apple - fresh	2	Baby corn spears	150g	Basil leaves	8	Cold roll wrappers	8
Apple - dried	15g	Baby spinach	400g	Chilli - fresh	3	Cooking Spray	1
Apricot - dried	200g	Beetroot	1	Coriander - fresh	2 bunches	Coriander seeds	5g
Avocado	1	Broccoli - small	2 heads	Dill - fresh	20g	Cumin	7g
Banana	2	Cabbage	1/4	Dill - dried	3g	Curry powder	5g
Blueberries	450g	Capsicum - red	2	Garlic - Cloves	16	Dijon mustard	25g
Cranberries - dried	2	Carrots	4	Ginger	30g	Dukkha mix	15g
Fig	2	Cauliflower	1	Italian dried herbs	5g	Garam marsala	10g
Kiwi fruit	1	Celery stalks	3	Mint - fresh	50g	Garlic powder	3g
Lemon juice	120mL	Cucumber lebanese	1	Oregano - dried	3g	Hoisin sauce	30ml
Lemon	1	Eggplant	1	Parsley	50g	Hummus	160g
Lime juice	40mL	Green beans	120g	Rosemary - dried	5g	Maple syrup	40ml
Mango	1	Mushroom - button	12	Spring Onions	3	Miso	70ml
Orange Juice	60 ml	Mushroom - portabello	4	Thyme	3g	Mixed spice	3g
Peach	3	Onion - Brown	5			Moroccan seasoning	5g
Raspberries	100g	Onion - Red	1			Noodles - kelp	340g
Rockmelon	480g	Parsnip	40g			Noodles - rice	50g
Strawberries	100g	Peas - frozen	550g			Oats - rolled	30g
Sultanas	30g	Potato	1			Oil - olive	330mL
		Pumpkin	750g			Oil - sesame	5g
		Salad greens	250g			Oil - sunflower	45mL
		Snow Peas	10			Olives - black	4 pcs
		Tomato - cherry	240g			Onion - powder	3g
		Tomato - diced	200g			Paprika - smoked	15g
		Tomato - roma	20g			Paprika - sweet	3g
		Zucchini	1			Polenta	85g
						Rice - brown	230g
						Rice - rolled	110g
						Rice - wild	100g
						Salt	10g
						Soy Sauce - salt reduced	30ml
						Stevia	3 drops
						Sugar - brown	25g
						Sugar - white	15g
						Tabasco Sauce	30g
						Tahini	30g
						Tamari	30ml
						Tomato - puree	15ml
						Tumeric	3g
						Vanilla extract	8g
						Vegetable stock	30ml
						Vinegar - apple cider	5ml
						Vinegar - Balsamic	45ml
						Vinegar - Rice Wine	75ml
						Whole Wheat Flour	120g
NUTS & SEEDS		PROTEIN		CONDIMENTS, OILS			
Almonds - flakes	5g	Tofu - firm	150G	Baking powder	3g		
Almonds - wholes	140g	Tempeh	250G	Bamboo skewers	10 pcs		
Chia seeds	15g			Beans - white, canned	430g		
Linseed	30g			Beans - cannellini, canned	100g		
Peanut butter	170g			Black pepper	5g		
Pepitas	75g			Bread - wholegrain (sliced)	4		
Pine nuts	120g			Butter - light	30g		
Pistachio	45g			Chickpea flour	125g		
Sesame seeds	25g			Chickpeas	465g		
Sunflower seeds	65g			Chilli			
Walnut				Chilli garlic sauce	5g		
Quinoa	115g			Cinnamon	8g		
	190g						