



VEGETARIAN FOOD GUIDE

WEEK 3 VEGETARIAN MEAL PLAN,
RECIPES AND SHOPPING LIST

MÖDERE®

WEEK 2 VEGETARIAN MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 cup Baked Bean Delight on multigrain Toast & 1 banana	Vegan Big Breakfast with Scrambled Tofu and 1 slice of wholegrain bread & 2 slices Vegan Cheddar Cheese	1 Cup Overnight Chia and Nut Breakfast with 1 cup almond milk	1 Palm sice Chickpea Omelette & 1 cup rockmelon with ½ cup Vegan/Soy yogurt	Mixed Berries Smoothie Bowl	Blueberry Eggless Pancake	Baked Sunshine Granola with Fruit Yogurt
MORNING TEA	1 banana 20g unsalted Cashews	100g Apricots and 20g Cashews	1 Pear & 20g walnuts	100g blue berries 20g walnuts	1 cup Celery and Carrot sticks and ½ Cup humus 20g Walnut	100g Strawberries	40g Unsalted Almonds
LUNCH	Ratatouille on Cheesy Polenta	2 Slices Pan Fried Haloumi Beans, peas and Spinach surprise	1 Mexican Arriba Burger	Quinoa Fig and Green Salad	Wild Rice Salad	Lemon and Lime Salad	Beetroot & Avocado Open Toast
AFTERNOON TEA	1 scoops Chocolate Shake Pea Protein with 200ml almond milk or water	1 scoops Chocolate Shake Pea Protein with 200ml almond milk or water	1 scoops Chocolate Shake Pea Protein with 200ml almond milk or water	1 scoops Chocolate Shake Pea Protein with 200ml almond milk or water	1 scoops Chocolate Shake Pea Protein with 200ml almond milk or water	1 scoops Chocolate Shake Pea Protein with 200ml almond milk or water	1 scoops 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	Roasted Pumpkin Rounds	Mediterranean Baked Sweet Potato	Lemon, Lentil and Spinach Soup	30 minute Vegetarian Pho	Barbecued Tofu with minted peas and beans	1 Root Vegetable Stack	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
 ¼ 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
 ¼ tsp onion powder
 ½ tsp dried oregano
 ½ tbsps 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

1240g tin cannellini beans, drained
 100g canned diced tomatoes
 ½ onion, finely diced
 2 cloves garlic, minced
 1 tbsp tomato purée
 ½ tsp smoked paprika
 ¼ 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
¼ tsp vanilla essence
3 drops stevia liquid or 1 tbsp maple syrup
¼ tsp nutmeg
¼ 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

CHICKPEA OMELETTE

INGREDIENTS

CHICKPEA BATTER

¾ cup chickpea flour
¾ cup + 1 tbsp non-dairy milk
2 tsp apple cider vinegar
¼ tsp turmeric powder
¼ tsp garlic powder
¼ tsp onion powder
¼ tsp bi-carb soda
Salt & pepper – up to ¼ tsp

STUFFING OPTIONS

1 tbsp olive oil (½ tbsp for frying veges, ½ tbsp omelette)
¼ of a red onion, finely chopped
2 cloves garlic, minced
½ medium tomato chopped
¼ cup sliced mushroom
1 tbsp capsicum, finely chopped
¼ cup baby spinach, chopped
1 tbsp parsley, chopped

DIRECTIONS

In a medium bowl, whisk together the batter ingredients to resemble pancake consistency. Heat ½ tbsp oil in a non-stick frypan and sauté the garlic and onion until soft and translucent. Add the mushroom and capsicum, cook and 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 ½ 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, until the omelette sets around the edges (approximately two minutes). 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. Serve omelette, sprinkled with parsley and seasoned with salt and pepper to taste.

Serves 2



MIXED BERRIES SMOOTHIE BOWL

INGREDIENTS

1 cup frozen mixed berries
1 cup coconut water
1 cup unsweetened almond milk
1 scoop M3 Sync
2 dates, pitted
Toppings
Pepitas
Walnuts
Raspberries
Blackberries
Sesame seeds

DIRECTIONS

Allow the frozen berries to thaw for at least half an hour.

Pop all ingredients including the mixed berries in to a blender, whiz up until very smooth. Divide the smoothie in 2 bowls, top with nuts as desired.

Serves 2

BLUEBERRY EGGLESS PANCAKE

INGREDIENTS

1 cup whole wheat 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 whisker until just combined, do not over mix. It should still appear slightly lumpy. Sprinkle blue berries into batter and gently blend. Do not over mix to avoid discolouring the batter. Set aside.

Spray 25 cm frying pan with cooking spray, heat it over medium to hot stove. When hot, pour ½ cup of the batter in the middle of the pan. Cook until bubbles form on the surface of the pancake. Flip the cake with a turner and cook for another minute.

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

Serves 2

BAKED SUNSHINE GRANOLA

INGREDIENTS

½ cup (110g) rolled rice
½ tbsp sunflower oil
½ tbsp maple syrup
½ tbsp orange juice
¼ tsp vanilla extract
40g sunflower seeds
½ tbsp sesame seeds
50g pepitas
2 tsp flaked almonds
¼ tsp mixed spice (or ¼ tsp cinnamon & ¼ 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 refrigerator for up to 2 months.

Serve with milk of your choice.

Serves 2

RATATOUILLE ON CHEESY POLENTA

INGREDIENTS

1 small eggplant, coarsely chopped
½ red capsicum, diced
200 g diced tomatoes
6-8 basil leaves
2 tsp olive oil
Salt and pepper
Cheesy polenta
85g Polenta
2 ½ cups water
40g Vegan parmesan cheese, finely grated

DIRECTIONS

Heat oil in a large frying pan, place tomatoes, bring to the boil, 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.

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, season with salt if required. Allow to stand for 5 minutes. Serve polenta with ratatouille.

Serves 2

HALOUMI WITH BEANS AND PEAS SURPRISE

INGREDIENTS

4 x 60g Vegan Haloumi Cheese
120g Green beans, washed and halved
30g baby spinach leaves, washed
1 clove garlic
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.

Peel and slice garlic thinly (julienne). Set aside.

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

Serves 2

MEXICAN ARRIBA BURGER

INGREDIENTS

½ can chickpeas
½ small red onion diced finely
½ zucchini grated
1 medium-size beetroot, cooked and grated
1 cloves garlic, finely chopped
½ cup of rolled oats
2 tbsp red wine vinegar
2 tbsp peanuts
2 tbsp coriander finely chopped
2 tsp salsa
1 tbsp olive oil
Salt and Pepper to taste

TO SERVE

½ avocado flesh
1 tbsp extra tomato salsa or taco sauce
4 large spinach or lettuce leaves

DIRECTIONS

Drain, rinse and mash the chickpeas in a medium bowl. Add the red onion, zucchini, coriander, red wine vinegar and salsa. Combine.

In a food processor blend the beetroot and garlic. Add peanuts, oats, and pulse to combine. Mix in with the chickpea mixture.

Shape into 2 burger patties then place on a baking paper lined tray. Chill in the fridge until ready to cook.

Pour oil into a frying pan over a medium heat. When hot, add the burgers and sear on each side for 3-4 minutes. Remove from frying pan, top with a mashed avocado or avocado dressing, spoon ½ tablespoon of salsa on each patty. Wrap in a leaf to serve.

Serves 2



QUINOA FIG & GREEN SALAD

INGREDIENTS

½ 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 a 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.

Serve 2

WILD RICE SALAD

INGREDIENTS

100g wild rice
100g brown rice
1 tbsp pistachios, shelled
Juice of 1 half 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 cloves, minced
1 tbsp 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

LEMON AND LIME CORN SALAD

INGREDIENTS

2 baby cos lettuce, shredded
½ cup corn kernels
1 avocados diced
½ can red kidney beans (425g), rinsed
½ red onion, thinly sliced
½ cup fresh coriander
Lemon/Lime Dressing
2 tbsp olive oil
1 tbsp lime juice
2 tbsp lemon juice
4 drops of tabasco sauce
¼ tsp ground cumin
salt and black pepper
TO SERVE
45g tortilla or corn chips

DIRECTIONS

Combine the dressing ingredients in a jar and shake till blended.

Combine all the salad ingredients.

Shake the dressing again just before pouring over salad. Divide the salad into 4 bowls.

Scatter the chips over each serve.

Serves 2

BEETROOT & AVOCADO OPEN TOAST

INGREDIENTS

2 small-medium beetroots, roasted, peeled and sliced
4 tsp olive oil
2 cloves garlic, chopped finely
1 large ripe avocado
1 tbsp lime juice
2 spring onions, chopped
2 tbsp sesame seeds
1-1 ½ cups cherry tomatoes, quartered
2 tbsp balsamic vinegar
salt and pepper
1 cup alfalfa sprouts
1 cup baby spinach
1 tbsp basil, roughly chopped
1 tbsp parsley, roughly chopped
4 slices sour dough or vegan bread

DIRECTIONS

Preheat oven to 200°C.

Top, tail and peel beetroot. Place on aluminum foil sheet, large enough to cover all beetroot. Pour a teaspoon of olive oil over each beet. Sprinkle with garlic and lightly season.

Bake in oven for 1 hour.

Meanwhile mix the chopped tomato with the balsamic and season lightly salt and pepper.

Separate the avocado flesh from the skin and seed and place in food processor with the lime juice and spring onions.

Once the beetroot is cooked, cut into quarters and allow to cool before adding to the food processor. Blend the contents.

Transfer the beetroot and avocado mixture to a bowl. Mix in the sesame seeds.

Toast the bread. Spread a quarter of the beetroot and avocado mixture generously onto each slice.

Layer the spinach leaves on next, followed by the tomatoes and alfalfa.

Sprinkle with the herbs.

Serves 2

ROAST PUMPKIN ROUNDS

INGREDIENTS

200g butternut pumpkin
1 tbsps olive oil
1 small red onion
1 clove garlic, minced
¼ red capsicum, diced
1 tbsp semi-dried tomatoes, chopped
1 tbsp black olives, chopped
¼ cup pine nuts
½ cup brown rice, pre-cooked
½ cup baby spinach, chopped
25g dried cranberries
1 tsp Italian dried herbs
2 tbsp orange juice
Juice of half ½ lemon

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. Chops 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 ½ hours.

Serves 2

MEDITERRANEAN BAKED SWEET POTATOES

INGREDIENTS

2 medium sweet potatoes, washed, cut in half lengthways
215g can chickpeas, rinsed and drained
2 tsp olive oil
¼ tsp cumin
¼ tsp smoked paprika
Pinch of sea salt
GARLIC HERB SAUCE
30g tahini
½ tbsp lemon juice
½ 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

LEMON, LENTIL AND SPINACH SOUP

INGREDIENTS

1 tbsp olive oil
½ large onion, finely chopped
1 clove garlic, minced
½ cups dried brown lentils
350mL vegetable liquid stock
½ bunch English spinach, washed, coarsely chopped
Zest and juice of 1 lemon
2 Turkish bread, to serve

DIRECTIONS

Heat olive oil in a saucepan over medium-high heat, saute onion and garlic until translucent. Add lentils, and stock. Bring to the boil. Skim any residue from the surface of soup with a ladle.

Reduce heat to medium-low. Simmer, covered until lentils are tender, approximately 25 minutes. Remove from heat, add spinach, juice of 1 lemon. Season with salt and pepper. Stir until well combined. Ladle into bowls. Top with lemon rind. Serve with bread.

Serves 2

VEGETARIAN PHO

INGREDIENTS

1 liter homemade or low-sodium vegetable broth
1 spring onions, thinly sliced
1 tbsp olive oil
1 tsp fresh ginger, peeled and grated
Salt to taste
50g shiitake mushrooms, tough stems removed
1 tbsp hoisin sauce
1 tsp sesame oil
100g rice noodles, cooked according to package instructions
1 cup bean sprouts
2 red chillies, thinly sliced
FOR SERVING
Quarter of a bunch Fresh coriander,
Few basil leaves,
1 lime, cut in wedges,
Extra hoisin sauce, chili garlic sauce or similar for serving

DIRECTIONS

Combine the vegetable broth, green onion, grated ginger, and salt in a large pot. Bring to a full boil, then reduce the heat and simmer for 20 minutes.

Place olive oil into a large skillet or wok over medium heat, sauté mushrooms until tender, stir occasionally. Add hoisin sauce and sesame oil, keep cooking until mushrooms are well coated with sauce. Remove from heat.

Divide the rice noodles between 2 or 3 large bowls, add mushrooms, bean sprouts, fresh basil, and coriander and chili then fill each bowl with the broth and serve with lime wedges, hoisin, and chili garlic sauce in separate dishes.

Serves 2-3

BARBECUED TOFU WITH MINTED PEAS AND BEANS

INGREDIENTS

FOR THE 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

OPTIONAL:

- Crushed nuts or dukkha mix

FOR THE MASH:

- 1 medium carrot
- 1 medium parsnip
- 1 large clove of garlic
- 1 tsp dried rosemary
- 1 tsp vegan butter
- 1 tbsp almond milk
- 1 tablespoon freshly chopped parsley
- Salt and pepper, to taste

DIRECTIONS

Preheat oven to 180°C. Wash and dry all vegetables. Top and tail the beetroot, parsnip and carrot. Peel if preferred, but they are best with the skins left on. Put a tablespoon of olive oil on an oven tray and place in the oven to heat. Meanwhile cut the parsnip and carrot in halves lengthways. Peel and slice the garlic cloves. Remove oven tray and put the carrot, parsnip and garlic on the tray. Sprinkle with rosemary and lightly with salt and pepper. Turn the vegetables over a couple of times to coat and place in oven to roast until tender, approximately 20 minutes.

While the mash vegetables are cooking cut the stacking vegetables into 5mm thin slices with a mandolin. If cutting by hand you may find it easier to cut to maybe 1 cm rounds. If the vegetable slices are very uneven in width, you could use a cookie cutter to match the sizes up.

Spray a muffin tray with oil in preparation for stacking. 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 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 spoon the mash onto serving plates. Scoop out your towers from the muffin pan and sit on the mash.

Serves 2

BARBECUED TOFU WITH MINTED PEAS AND BEANS

INGREDIENTS

- 2 x 155g firm tofu
- 150g green beans, trimmed and chopped 5 cm
- ½ cup fresh mint, finely chopped
- 120g frozen peas
- Salt and cracked pepper corn
- 2 cloves garlic, minced
- 2 spring onions, chopped
- Cooking spray
- Olive oil to serve

DIRECTIONS

Season sliced tofu with salt and freshly cracked pepper, add garlic and spring onions, set aside.

Steam beans and peas separately until tender, drain. Combine beans, peas and mint in a bowl, season with salt and pepper.

Heat a non-stick fry pan over medium-high heat, coat with cooking spray. Fry the seasoned tofu for 2-3 minutes on both sides or until golden brown. Serve in a platter, arrange cooked vegetables on the side and drizzle with olive oil.

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
 - ¼ cup miso**
 - ½ cup natural peanut butter
 - 2 tbsp of rice wine vinegar
 - 1 tsp sesame oil
 - 1 tsp brown sugar
 - ¼ 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.

WEEK 3 VEGETARIAN MEAL PLAN

SHOPPING LIST - SERVES 2

VEGETABLES	QTY	FRUIT	QTY	NUTS & SEEDS	QTY		QTY		QTY
Baby corn	150g	Apple - dried	15g	Almonds	100g	Baking Powder	5g	Nutmeg	5g
Baby peas (frozen)	160g	Avocado	3	Almond Flakes	10g	Beans - Cannellini tin	400g	Oats - rolled	120g
Baby Spinach	270g	Banana	2	Apricot - dried	200g	Beans - Red kidney	200g	Oil - olive	345mL
Bean Sprouts	50g	Berries - Frozen	150g	Cashew - raw	140g	Bicarb soda	5g	Oil - Sesame	10mL
Beans - green	270g	Blueberries	375g	Chia Seeds	15g	Black pepper	10g	Oil - sunflower	40mL
Beetroot	3	Cranberries - dried	30g	Peanuts	30g	Bread - sourdough	8	Onion powder	5g
Broccoli	1	Figs	2	Peanut butter	113g	Bread - Turkish	2	Paprika - smoked	10g
Capsicum - red	2	Kiwi	2	Pepitas	60g	Bread - wholegrain	6	Paprika - sweet	5g
Carrot	3	Lemon	3	Pine nuts	30g	Chickpea flour	350g	Polenta	85g
Cauliflower	½	Lemon Juice	40mL	Pistachio	15g	Chickpeas	335g	Rice - Brown	150g
Celery stalks	2	Lime	3	Quinoa seeds	90g	Chili - red	3	Rice - rolled	110g
Eggplant	1	Orange	2	Sesame Seeds	115g	Chili garlic Sauce	25mL	Rice - wild	100g
English Spinach	100g	Orange juice	50mL	Sunflower seeds	5g	Cinnamon - ground	10g	Rice noodles	100g
Green salad mix	80g	Pear	2	Walnuts	40g	Coconut Water	250mL	Salsa	10mL
Lettuce Cos (baby)	1 bunch	Raspberries	140g			Corn chips	45g	Salt	10g
Lettuce leaves - Iceburg	4	Strawberries	25g			Cumin - ground	6g	Seaweed (kelp) noodles	340g
Mushroom - button	6	Sultana - dried	250g			Dates	2	Soy Sauce - low salt	15mL
Mushroom - shitake	50g	Fruit Mix - dried	30g			Dukkha mix	15g	Stevia liquid	3 drops
Onion - brown	2					Flour - wholegrain	130g	Sugar - Brown	20g
Onion - red	4					Garlic Powder	5g	Tabasco Suce	4 drops
Parsnip	1					Hoisin Sauce	30mL	Tahini	30g
Potato	1	Basil leaves	18	Almond Milk	935mL	Hummus	160g	Tomato - puree	15mL
Pumpkin - butternut	200g	Coriander	90g	Vegan butter	20g	Lentil - brown	50g	Turmeric powder	5g
Snow peas	10	Dill - dried	5g	Vegan Cheese	60g	M3 Sync	1 Scoop	Vanilla Extract	15mL
Sweet Potato	3	Garlic - cloves	13	Vegan Fruit Yoghrt	200mL	Maple Syrup	40mL	Vegetable stock	1350mL
Tomato - canned	100g	Ginger	3.5 cm	Vegan Haloumi	240g	Miso	70mL	Vinegar - apple cider	10g
Tomato - Cherry	100g	Italian dried herbs	5g	Vegan Parmesan cheese	40g	Mixed spice	5g	Vinegar - Balsamic	30mL
Tomato - roma	10	Mint	1 bunch	Vegan Soy Yoghurt	250mL	Mustard - Dijon	5g	Vinegar - red wine	30mL
Tomato - Semi dried	15g	Oregano - dried	5g					Vinegar - rice wine	30mL
		Parsley - flat	75g						
		Rosemary - dried	5g						
		Spring onion							
		Thyme- dried	6						
			5g						