



VEGETARIAN FOOD GUIDES

WEEK 1 VEGETARIAN MEAL PLAN,
RECIPES AND SHOPPING LIST

MÖDERE.

WEEK 1 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	Chickpea Omelette and 1 cup rockmelon with 1/2 cup Vegan/Soy yoghurt	Fruit and Nut Rice Porridge	Baked Sunshine Granola and 1 cup rockmelon	Muesli with Fruit Yoghurt
MORNING TEA	1 cup celery and carrot sticks and 1/3 cup hummus	1 pear and 40g walnuts	100g blackberries and 20g almonds	1 cup carrot and cucumber sticks plus 20g almonds	1 banana and 20g unsalted almonds	40g almonds	100g blueberries and 20g walnuts
LUNCH	Mexican Arriba Burger	Spiced Cabbage Soup and 2 slices wholemeal toast	Lemon and Lime Corn Salad	Quinoa and Fig and Green Salad	Beetroot and Avocado Open Toast	Thai Cold Rolls with dipping sauce	Roast Pumpkin with Couscous
AFTERNOON TEA	CHOCOLATE SHAKE PEA PROTEIN Protein Snack	CHOCOLATE SHAKE PEA PROTEIN Protein Snack	CHOCOLATE SHAKE PEA PROTEIN Protein Snack	CHOCOLATE SHAKE PEA PROTEIN Protein Snack	CHOCOLATE SHAKE PEA PROTEIN Protein Snack	CHOCOLATE SHAKE PEA PROTEIN Protein Snack	CHOCOLATE SHAKE PEA PROTEIN Protein Snack
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	Vegetarian Pho	Roast Pumpkin Rounds	Kelp Noodles in Peanut Miso Sauce	Mediterranean Sweet Potato Boat	Lemon, Lentil and Spinach Soup with Turkish Bread	Root Vegetable Tower	Braised Vegetables with Cheesy Polenta
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 tsp 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
 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

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



FRUIT AND NUT RICE PORRIDGE

INGREDIENTS

3/4 cup brown rice
1 cup water
1 cup rice milk
1 tsp maple syrup
1/4 tsp ground cinnamon
1/2 apple cored and cut into small pieces
1/2 tbsp sultanas
2 tbsp slithered almonds
1/2 tsp vanilla essence
1 tbsp pepita seeds for sprinkling
2 cups almond milk (optional)

DIRECTIONS

Combine rice, water, milk, maple syrup, cinnamon and apple in a saucepan. Bring to the boil stirring occasionally.

Reduce heat to medium/low.

Add sultanas, almonds and vanilla essence.

Stir occasionally until rice is soft or liquid is absorbed.

Serve porridge sprinkled with pepitas.

Add extra milk if needed.

Serves 2

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

MEXICAN ARRIBA BURGER

INGREDIENTS

1/2 can chickpeas
1/2 small red onion, diced finely
1/2 zucchini, grated
1 medium beetroot, cooked and grated
1 clove garlic, finely chopped
1/2 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
1/2 avocado
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. Add to beetroot and garlic to food processor and blend to combine. Add peanuts, oats and pulse to combine. Mix in with the chickpea mixture.

Shape into 2 burger patties then place on a tray lined with baking paper. 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 1/2 tablespoon of salsa on each patty. Wrap in a leaf to serve.

Serves 2

SPICED CABBAGE SOUP

INGREDIENTS

250g cabbage, chopped
1 celery stalk, chopped
1 carrot, sliced
1 brown onion, chopped
1 clove garlic, minced
1500mL vegetable stock
1 bay leaf
1/4 tsp sweet paprika
1/4 tsp dried thyme
1/2 tsp olive oil
1 tbsp coriander, chopped
1 tbsp parsley, chopped
Salt and pepper to taste
Tabasco to taste

DIRECTIONS

Heat oil in a large saucepan. Add onion, garlic and saute until onion is translucent and garlic is a little brown. Add bay leaf, thyme, paprika and stir for a minute.

Add to the pot the cabbage, celery, carrot and vegetable stock. Bring to the boil and reduce heat to a simmer for approximately 20 minutes. Stir occasionally.

Place 5 cups of the soup into a food processor and blend. Return to the saucepan and stir through. This provides a nice thickening to the soup.

Season to taste with salt, pepper and tabasco.

Stir in the fresh herbs just before serving.

Serves 2

LEMON AND LIME CORN SALAD

INGREDIENTS

2 baby cos lettuces, shredded
1/2 cup corn kernels
1 avocado, diced
1/2 can red kidney beans, rinsed
1/2 red onion, thinly sliced
1/2 cup fresh coriander
LEMON/LIME DRESSING
2 tbsp olive oil
1 tbsp lime juice
2 tbsp lemon juice
4 drops of tabasco sauce
1/4 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



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

BETROOT AND 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 1/2 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 sourdough 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 tomato with the balsamic and lightly season with 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.

Serves 2

THAI COLD ROLLS

INGREDIENTS

8 cold roll wrappers

1 cup green cabbage, chopped finely

2 spring onions, chopped

1/2 cup pre-cooked rice noodles

1/4 cup coriander, basil and mint chopped

1/4 cup carrots, finely julienned

1/4 cup cucumber, finely julienned (seeds removed)

1 tbsp lime juice

1 tbsp soy sauce

1/4 tsp fresh ginger, grated

1/4 tsp garlic, finely minced

HOISIN DIPPING SAUCE

¼ cup hoisin sauce

1 tbsp natural peanut butter

1 tbsp rice wine vinegar

2 tbsp water

SOY DIPPING SAUCE

1 tbsp soy sauce

1 tbsp lime juice

1 tsp rice wine vinegar

1/4 tsp minced garlic

2 tsp maple syrup

1 tsp crushed peanuts

Sprinkle of finely chopped red chilli

DIRECTIONS

Place all ingredients, except the wrappers, into a bowl and mix thoroughly.

To make the rolls pliable so they are able to be folded, place them, one at a time, in a bowl of warm to hot water for a few seconds. Take the wrapper out and leave for a minute before placing approximately 2 tablespoons of mixture on the bottom third of a diamond point of the wrap, leaving enough of the wrap to pull up and over filling. Then fold in the two sides and continue rolling firm and tight, while ensuring the filling remains close to the middle.

Serve with dipping sauces.

Makes 8 (2-3 per person)

ROAST PUMPKIN WITH COUSCOUS

INGREDIENTS

350g pumpkin, diced into bite size pieces

1 small or 1/2 medium red onion, diced

1/2 tbsp 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 tbsp 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

VEGETARIAN PHO

INGREDIENTS

1 litre 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,
Basil leaves
1 lime, cut in wedges

Extra hoisin sauce, chilli, garlic sauce or similar for serving

DIRECTIONS

Combine the vegetable broth, spring 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 chilli then fill each bowl with the broth and serve with lime wedges, hoisin, and chili garlic sauce in separate dishes.

Serves 2-3

ROAST PUMPKIN ROUNDS

INGREDIENTS:

200 g 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 a lemon
Sea salt and black pepper to taste

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.

MEDITERRANEAN SWEET POTATO BOAT

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

DIRECTIONS

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

Combine chickpeas with olive oil and spices. Rub the sweet potatoes with a bit of olive oil/chickpea mix and place face down on a foil lined baking sheet. 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.

Serves 2

LEMON, LENTIL AND SPINACH SOUP

INGREDIENTS

1 tbsp olive oil
1/2 large onion, finely chopped
1 clove garlic, minced
1/2 cup dried brown lentils
350mL vegetable liquid stock
1/2 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 and lemon juice. Season with salt and pepper.

Stir until well combined. Ladle into bowls. Top with lemon rind.

Serve with bread

Serves 2

ROOT VEGETABLE TOWERS

INGREDIENTS

FOR THE VEGETABLES

1 medium sweet potato, sliced 5mm thin
1 medium beetroot, sliced 5mm thin
1 large red onion, sliced 5mm thin
1 large potato, sliced 5mm thin
3 tbsp olive oil
1 tbsp vegan butter
Cooking spray

FOR THE MASH:

1 medium carrot, halved lengthways
1 medium parsnip, halved lengthways
1 large clove of garlic, 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

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 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 a bowl with the potatoes. Mash the vegetables. Add all the other mash ingredients and combine. Taste to see if more seasoning is needed.

15 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

BRAISED VEGETABLES WITH CHEESY POLENTA

INGREDIENTS

3 large tomatoes, chopped
1 small or half a medium eggplant, coarsely chopped and soaked in water
1/2 green capsicum, chopped
1 red onion, diced
2 tbsp olive oil
5 fresh basil leaves
Salt and pepper
CHEESY POLENTA
1/2 cup polenta
2 1/2 cups water
1/2 cup vegan parmesan cheese, finely grated

DIRECTIONS

Heat a cast iron pot over medium heat. Coat with olive oil and place onion and tomatoes in and cook until soft. Drain eggplant then add with capsicum to mix and cook until tender and juice has reduced to a thick sauce.

For cheesy polenta: bring water to the boil in a saucepan. Gradually stir in polenta. Stir occasionally until all liquid has been absorbed.

Reduce heat and cook for a further 10 minutes, stirring occasionally until polenta thickens and looks ready to serve. Remove from heat, stir in cheese, season to taste.

Stand for 3-5 minutes.

Serve with a couple of spoonfuls of the braised vegetables.

Serves 2

WEEK 1 VEGETARIAN MEAL PLAN

SHOPPING LIST - SERVES 2

FRUIT	QTY	VEGETABLES	QTY	HERBS	QTY	CONDIMENTS, OILS, GRAINS	QTY
Apple	15g	Alfaalfa Sprouts	1 cup	Bay leaves	1	Chickpeas- canned	500g
Apple - dried	3	Baby Corn	150g	Basil	1/2 bunch	Chili garlic Sauce	15 ml
Avocado	2	Spinach - Baby	3 cups	Chili- red	4	Cold roll wrappers	8
Banana	150 g	Bean Sprouts	1 cup	Cinnamon	10g	Cooking Spray	1
Blackberries	375g	Beetroot	4	Coriander	1 Bunch	Corn Kernel	40g
Blue Berries	30g	Broccoli	1	Cumin	3g	Corn Tortillas/Chips	45g
Cranberries	2	Cabbage	1 head	Dill - dried	3g	Curry powder	5g
Fig	2	Capsicum - green	1	Garlic - Cloves	10	Hoi Sin Sauce	60ml
Kiwi fruit	3	Capsicum - red	1	Garlic powder	2g	Hummus	160g
Lemon Juice	40ml	Carrots	6	Ginger - grated	2 cm	Lentils - Brown	40g
Lemon Juice	3	Cauliflower	1/2	Mixed Spice	3g	Maple Syrup	40ml
Lime	50g	Celery Stalks	3	Nutmeg	8g	Miso	60ml
Mango	2	Cherry Tomatoes	2 punnets	Onion powder	3g	Moroccan Seasoning	5g
Orange Juice	50ml	Cucumber lebanese	2	Oregano	3g	Mustard - Dijon	5g
Peach	2	Eggplant	1	Paprika Smoked	8g	Noodles - Kelp	340g
Pear	140g	Green Salad Mix	2 C	Parprika - Sweet	5g	Noodles - Rice	350g
Raspberries	25g	Lettuce - iceberg	1 head	Parsley	1 bunch	Oats - rolled	75g
Rockmelon	250g	Lettuce leaves - cos	1 head	Rosemary - dried	5g	Oil - Olive	65ml
Sultanas	30g	Mushroom - button	500g	Spring Onions	5	Oil - Sesame	10ml
Water Melon		Mushroom - Shitake	50g	Thyme	5g	Oil - Sunflower	45ml
		Onion - Brown	3	Turmeric Powder	3g	Olives - Black	5 pcs
		Onion - Red	5	Italian dried herbs	5g	Onion - powder	3g
		Parsnip	1			Paprika - Sweet	3g
		Pumpkin	550g			Pepper	5g
		Sweet Potato	3			Polenta	80g
		Snow Peas	10 pcs			Rice - brown	430g
		Tomato - Canned	100g			Rice - rolled	1/2 cup
		Tomato - Roma	6			Rice milk	130g
		Tomato - Semi Dried	30g			Salsa	15ml
		Zucchini	1			Salt	5g
		Spinach - English	1/2 bunch			Soy Sauce - salt reduced	50ml
		Potato	1			Stevia	3 drops
						Sugar	5g
						Tabasco sauce	8 drops
						Tahani	30g
						Tomato - puree	15ml
						Vanilla essence	5ml
						Vegetable stock	2.25l
						Vinegar - apple cider	10ml
						Vinegar - balsamic	30ml
						Vinegar - rice wine	80ml
						Bread wlices - whole grain	4
						Bread wlices - wholemeal	2
NUTS & SEEDS	QTY						
Almond slivers	2 tbsp						
Brazil nuts	5						
Cashews	¾ cup						
Raw almonds	120g						
Roasted almonds							
Shredded coconut							
Walnuts	30g						
White chia seeds	1 cup						
LSA (linseed, sunflower and almond)	1 tbsp						
CONDIMENTS, OILS	QTY						
Beans - Cannellini/Navy	240g						
Beans - Kidney	200g						
Bi-carb soda	3 g						
Bread - Sourdough	4						
Bread - Turkish	4						
Bread - Whole grain Slices	4						
Bread - Wholemeal slice	2						
Brown Sugar	15g						
Chickpea Flour	70g						
PROTEIN	QTY						
Tofu - Firm	460G						