



THE CLUB GYM

RECIPE BOOK

The Vegan Edition

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Welcome to The Club Gym. Nutrition is just as important as your training when it comes to getting results, this is why we have created this recipe book which is exclusive to all of our members.

We hope you enjoy!

The Club Gym Team



DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.



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BREAKFASTS





Tofu is made from soybean curds. It is naturally gluten-free and low in calories.



Try the sandwich between two slices of potato cakes or a thin sliced bagel.



SERVES 4 | TOTAL TIME: 1 HOUR 15 MINUTES

VEGAN BREAKFAST SANDWICH

INGREDIENTS

175 gram **extra-firm tofu**, pressed for a minimum of 30 minutes, then cut into 4 slices
1 tablespoons **nutritional yeast**
1 tablespoons **olive oil**
1 tablespoons **soy sauce**
1 tablespoons **water**
½ teaspoon **Sriracha**, or other hot sauce (optional)
¼ teaspoon **garlic powder**

For the vegan breakfast sandwich:

2 **English muffins**, sliced in half and toasted (gluten-free if preferred)
½ **avocado**, mashed
½ large **tomato**, sliced

INSTRUCTIONS

To prepare the tofu: mix the nutritional yeast, olive oil, soy sauce, water, Sriracha, and garlic powder together in a large resealable bag. Add the tofu pieces and coat evenly. Marinade for a minimum of 30 minutes, the slices should keep in the fridge for about a week if required.

To cook the tofu, heat a large skillet or frying pan over medium-high heat. Add the tofu slices and any remaining marinade. Cook for about 5 minutes on each side until golden brown. The marinade will get sticky and brown, so just push it onto the tofu with a spatula as this will add even more flavour.

To prepare the vegan breakfast sandwich: take ¼ of the mashed avocado and spread it on the bottom half of an English muffin. Top the avocado with a slice of tofu, add 1 - 2 tomato slices and then add the English muffin top. Repeat with the remaining ingredients to make 4 sandwiches. Enjoy hot.

352
CALORIES

16
PROTEIN

34
CARBS

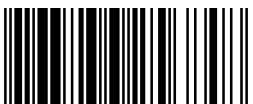
18
FATS

2
FIBRE

Refried beans are only fried once. The reason for this misconception is a translation error. The originals are frijoles refritos which actually means “well fried beans” – not re-fried.



Bump the calories a little in this Mexican inspired dish by adding a little grated vegan cheese on top.



SERVES 2 | TOTAL TIME: 5 MINUTES

INGREDIENTS

2 slices **bread**
200 gram homemade or store-bought **vegan refried beans**
1 **avocado**, thinly sliced
A few slivers **white onion**
Coarse **sea salt**

INSTRUCTIONS

Toast bread to desired level of brownness
Top with refried beans and avocado (mash with a fork if desired)
Add slivered onions, sprinkle with salt, and serve while still warm

TOAST WITH AVOCADO AND REFRIED BEANS

456
CALORIES

15
PROTEIN

40
CARBS

26
FATS

4
FIBRE





Add a little extra zing to the burritos by throwing some chopped jalapenos on them prior to serving.

SERVES 5 | TOTAL TIME: 50 MINUTES

MEXICAN BREAKFAST BURRITOS

INGREDIENTS

280 gram chopped **red potatoes** about ¼ inch size pieces
240 gram chopped **bell pepper** strips about 2 inch long
½ teaspoon **salt**
170 gram cooked **chickpeas**
135 gram **corn**
240 gram **salsa**
1 teaspoon **ground cumin**
⅛ -¼ teaspoon ground **chipotle chilli pepper spice** (optional)

Avocado Cumin Cream:

1 large **avocado**
½ teaspoon **ground cumin**
2 tablespoon **salsa**
½ tablespoon **water or lime juice**
¼ teaspoon fine **sea salt**
Large **Tortillas/Wraps** of your choice

Optional garnish: **fresh chopped jalapenos**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6 and line a baking tray with parchment paper.

Spread the potatoes evenly and season lightly with salt and pepper. Bake for 20 minutes until softened and starting to brown, checking with a fork to ensure they are tender.

After the potatoes have been cooking for around 10 minutes add the peppers to a large pan with 60 millilitres of water. Cook over a medium heat for 5-8 minutes until tender and most of the water has evaporated.

Next add the chickpeas, corn, salsa, cumin and chipotle chilli pepper (if using). Stir well to coat everything and cook for a further 5-10 minutes until everything is heated through and the sauce has thickened.

When the potatoes are done, stir them into the veggie mixture and remove the pan from the heat.

Prepare the avocado cumin cream by processing all the ingredients together in a blender.

Add the cooked vegetable mixture to your tortillas and drizzle the avocado cream inside and on top for presentation.. For an optional garnish, sprinkle with chopped jalapenos.

202
CALORIES

6
PROTEIN

32
CARBS

6
FATS

7
FIBRE

Archibutyrophobia is the fear of getting peanut butter stuck to the roof of your mouth.



SERVES 4 | TOTAL TIME: 5 MINUTES

PEANUT BUTTER OVERNIGHT OATS

INGREDIENTS

Peanut Butter layer

80 gram **quick cooking oats**
300 millilitres **Unsweetened Vanilla Almond milk**
2 teaspoon **chia seeds**
1 tablespoon **honey** (or any kind of sweetener such as agave or maple syrup)
2 teaspoon ground **flax seed**
2 tablespoon all-natural **peanut butter**
Pinch of **salt**

Chocolate Layer

80 gram **quick cooking oats**
120 millilitres **Unsweetened Vanilla Almond milk**
2 teaspoon **chia seeds**
1 tablespoon **maple syrup** (or any kind of sweetener such as honey or agave)
2 teaspoon ground **flax seed**
3 tablespoon **cocoa powder**
Pinch of **salt**

Optional Toppings

All natural **peanut butter**
Mini **vegan chocolate chips**

INSTRUCTIONS

For the Peanut Butter layer

Place all ingredients into a Tupperware container and mix. store in refrigerator for at least 2 hours or overnight is better

For the Chocolate Layer

Place all ingredients into a Tupperware container and mix. As above, place in refrigerator for at least 2 hours or overnight is better.

For the Peanut Butter Overnight Oats

In a large jar layer up the peanut butter and chocolate overnight oat mixtures

Top with all natural peanut butter and a few chocolate chips if desired.

303
CALORIES

10
PROTEIN

41
CARBS

11
FATS

9
FIBRE



As with many pancakes these can be stored in an air-tight container once made and reheated when needed. Great for kids who get up at different times.



The banana is in fact a berry.



SERVES 3 | TOTAL TIME: 20 MINUTES

CHOCOLATE BANANA PANCAKES

INGREDIENTS

120 gram **ripe banana**
120 millilitres **non-dairy milk**
2 tablespoons **maple syrup**
1 tablespoon **apple cider vinegar**
1 teaspoon **baking soda**
20 gram **cacao powder**
185 gram **quinoa flour**
2 tablespoons **mini vegan chocolate chips**

INSTRUCTIONS

In a blender, combine the banana, milk, vinegar, and maple syrup, then add the dry ingredients and blend on low until combined. You may find you need to stop and stir as necessary.

Over a medium heat, warm a non-stick pan and spray lightly with cooking oil.

Drop about 3 tablespoons of batter into the pan and then spread into a circle.

Cook for 2-3 minutes until you can easily slide a spatula underneath. Flip and cook for 2-3 minutes on the second side. Remove from the pan.

Repeat until all the batter is used. it should yield around 6 medium sized pancakes

Serve with your favourite pancake toppings.

313
CALORIES

10
PROTEIN

58
CARBS

5
FATS

7
FIBRE



SIDES & SMALL PLATES





Molasses is known as Treacle in the United Kingdom.



SERVES 2 | TOTAL TIME: 5 MINUTES

INGREDIENTS

350 millilitres **Soymilk unsweetened**, or other dairy free milk flavour works great too

40 grams **gluten free oats**

2 frozen **bananas**

3 tablespoon **cashew butter**

5 **Medjool dates** (seeded)

45 gram cup **raw cacao chunks**

1 tablespoon **molasses**

½ teaspoon **Himalayan pink salt**

INSTRUCTIONS

Place all ingredients into a high speed blender or food processor.

Blend until smooth.

Enjoy ice cold!

SALTED CARAMEL SMOOTHIE

683
CALORIES

16
PROTEIN

112
CARBS

19
FATS

13
FIBRE





Try this dish with alternative beans and legumes. Most are fairly nutritionally matched so can be straight swapped.

SERVES 2 | TOTAL TIME: 35 MINUTES

GREEK CHICKPEAS

INGREDIENTS

2 tablespoon **olive oil**
3 small **shallots**, finely diced
2 large **garlic cloves**, finely diced
¼ teaspoon **smoked paprika**
½ teaspoon **sweet paprika**
½ teaspoon **cinnamon (or cumin)**
½ teaspoon **salt**
½ teaspoon **sugar**
Black pepper, to taste
400 gram tin of **peeled plum tomatoes**
or 2 large tomatoes (skinned)
400 gram tin of **cooked chickpeas**
4 slices of **crusty bread** (gluten-free if required), toasted
Fresh **parsley** and / or **dill**, to garnish (optional)
4 **Kalamata olives**, to garnish (optional)

INSTRUCTIONS

In a pan, heat the olive oil on medium.

Gently fry the shallots, stirring frequently, until soft and nearly translucent. Add garlic and fry until shallots are completely translucent and garlic is soft.

Add all the spices to the pan, stir and fry gently for 1-2 minutes.

Squash tinned tomatoes or chop them roughly before adding to the pan along with a couple of tablespoons of water. Simmer on low-medium heat until the sauce has thickened.

Add chickpeas, stir through and let them warm in the sauce. Season with salt, sugar and black pepper.

Serve on toasted bread with a sprinkle of fresh herbs and a few black olives.

421
CALORIES

19
PROTEIN

65
CARBS

12
FATS

8
FIBRE



There are a number of varieties of sweet potato. We tend to see the ones with the distinct orange flesh but the others are worth a try too.

SERVES 4 | TOTAL TIME: 40 MINUTES

INGREDIENTS

3 large **sweet potatoes**
1 tablespoon **extra virgin olive oil**
1 teaspoon **cumin**
¼ teaspoon **paprika**
½ teaspoon **sea salt**
Dash of **cayenne pepper** (optional)
Coconut or **vegetable oil cooking spray**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6

Wash and peel the sweet potatoes, cut into lengthwise wedges or sticks.

Place in a large bowl and drizzle them with the extra virgin olive oil, tossing to coat.

Combine the cumin, paprika, and sea salt in a small bowl and mix them together. Sprinkle the mixture onto the cut sweet potatoes ensure they are thoroughly coated with both oil and spices.

Bake in the oven for about 30 minutes, or until done. Toss once or twice, turning the pan as needed, to make sure the fries bake evenly.

BAKED SWEET POTATO FRIES

78
CALORIES

1
PROTEIN

11
CARBS

4
FATS

3
FIBRE



Chickpeas are known by many names, one of the most common we will also see is garbanzo beans.



Use commercially bought vegan tortillas or make your own like we have in this recipe. Adds a little more flavour and a rustic look to the dish.

SERVES 1 | TOTAL TIME: 15 MINUTES

HUMMUS QUESADILLAS

INGREDIENTS

One 8-inch **whole grain vegan tortilla**
(or gluten-free tortilla for gluten-free quesadillas)
80 grams **hummus of choice**
Handful of **raw spinach**
10 chopped **cherry tomatoes**
10 thinly sliced **Kalamata olives**
½ tablespoon **extra-virgin olive oil**, for brushing

INSTRUCTIONS

Spread a thick layer of hummus on one half your tortilla and top with the spinach, tomatoes and olives, then fold the blank half over to create a half-moon shape.

Repeat if you'd like to make more than one quesadilla; you can cook up to two at a time in the same pan.

Warm a pan over medium heat. Place the folded quesadilla(s) in the pan. Let the bottom sides warm up for a minute or two, then carefully flip them over.

Brush the warmed side lightly with olive oil and let them cook in the pan for another minute or two. Flip once again, brush the new top side lightly with olive oil, and cook until the bottom is lightly golden and crisp.

Carefully flip once more and cook until that side is lightly golden and crisp.

Transfer the quesadilla(s) to a cutting board and allow to rest for a couple of minutes. Then, using a sharp knife or pizza cutter, slice each quesadilla into three wedges.

Serve immediately.

481
CALORIES

11
PROTEIN

35
CARBS

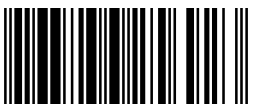
34
FATS

8
FIBRE





Depending on how you like your hummus, give it a little more or less time when blending to perfect your ideal texture.



SERVES 12 | TOTAL TIME: 15 MINUTES

INGREDIENTS

400 gram tin **chickpeas**, drained and rinsed
4 tablespoons **tahini**
60 millilitres **water** (+ 2 tablespoons as needed)
1–2 **garlic cloves** or 1 teaspoon garlic powder
Juice of 1 or 2 **lemons**, to taste
½ teaspoon **cumin**
1 tablespoon roasted **pine nuts**, optional
Generous pinch of **Himalayan salt**, or to taste

INSTRUCTIONS

Place all ingredients in food processor or high speed blender and blend until desired consistency is reached. Taste for flavour adding any of the additional flavourings you like

Depending on the quantity of lemon juice used, you may like to add the extra 2 tablespoons of water for slightly thinner consistency.

Serve with toppings of choice or plain. Ideal garnishes are sesame seeds, chopped parsley, a drizzle of olive oil and/or dash of smoked paprika.

This will keep in airtight container in the refrigerator for up to one week.

TRADITIONAL HUMMUS

79
CALORIES

3
PROTEIN

9
CARBS

4
FATS

2
FIBRE





Feel free to trade any of the potato for any type of root vegetable. Parsnips or beetroot also work very well.

SERVES 8 | TOTAL TIME: 40 MINUTES

SWEET POTATO HASH

INGREDIENTS

500 gram **sweet potatoes**
500 gram **Maris Piper potatoes**
2 red **onions**
Olive **oil**
½ a bunch of **fresh thyme**
1 fresh **red chilli** (optional)

INSTRUCTIONS

Wash and peel potatoes, and chop into 2 centimetre chunks. Parboil in a large pan of boiling salted water for 5 minutes, then drain and allow to dry.

Peel and finely slice the onions and fry in 1 tablespoon of oil in a large frying pan over a medium heat for 5 minutes, stirring regularly.

Add thyme leaves, season with black pepper then add all the potatoes and cook for a further 15 to 20 minutes, or until golden and crispy.

Press down occasionally and turn regularly .

Deseed and finely slice the chilli (if using) and scatter over the hash, then serve while piping hot.

164
CALORIES

2
PROTEIN

39
CARBS

0
FATS

2
FIBRE



MAIN COURSES







Soaking the skewers prevents them from catching on fire. It also prevents splintering of the skewer so no one gets a splinter in their tongue



SERVES 4 | TOTAL TIME: 40 MINUTES

BBQ VEGETABLE KEBABS

INGREDIENTS

125 gram smooth, **unsalted peanut butter**
120 millilitres **hot water**
2 tablespoons **reduced sodium tamari**, or soy sauce
2 tablespoons **mirin** (Japanese cooking wine)
2 teaspoons **sesame oil**
¼ teaspoon **red pepper flakes**
2 cloves **garlic**, minced
400 gram extra firm **tofu**, cubed
1 **red bell pepper**, cut into 1-inch chunks
1 small **courgette**, cut into 1-inch chunks
1 medium **onion**, quartered and cut into chunks
220 gram **mushrooms**, quartered (or halved if small)

INSTRUCTIONS

Soak 10 bamboo skewers in water for 20-30 minutes.

Combine the peanut butter, hot water, tamari, mirin, sesame oil, red pepper flakes and garlic in a large bowl and stir until the peanut butter is mixed in.

Add the tofu to the sauce, stir to coat and marinate for 20 minutes.

Remove the tofu from the sauce, then thread it, along with the vegetables onto the skewers.

Under a hot grill or BBQ cook the skewers for 7-10 minutes, turning several times and brushing liberally with the peanut sauce.

Serve hot, drizzled with any of the remaining sauce..

362
CALORIES

21
PROTEIN

23
CARBS

22
FATS

5
FIBRE



Garam Masala literally translates as 'warming spice blend'.



Use a mixture of beans or legumes to add some more colour and variety to the dish.



SERVES 5 | TOTAL TIME: 45 MINUTES

INGREDIENTS

2 tablespoons **coconut oil**
2 medium **yellow onions** OR 1 large red onion, sliced
400 gram **fresh tomatoes**, diced (if using canned, drain the tomatoes)
Sea salt and **ground black pepper**, to taste
400 gram **chickpeas**, drained
3 **garlic cloves**, minced
1½ tablespoons **garam masala**
1 teaspoon **curry powder**
¼ teaspoon **cumin**
400 gram tin **coconut milk**
2 teaspoons **coconut flour**
1 small **lime**

INSTRUCTIONS

In a large pan over medium high heat, add the coconut oil.

Add in the onions and tomatoes. Season with salt and pepper and stir. Lower heat to medium and allow to cook down until juices of the tomatoes are naturally released and onions are softened and almost translucent.

Add chickpeas, garlic, garam masala, curry powder and cumin. Stir again to mix well.

Add in the coconut milk and stir again. Add in the coconut flour to thicken.

Bring to a boil, and then reduce to medium-low so that the mixture continues to simmer for a further 10 to 12 minutes.

Taste and season with salt and pepper if required.

Remove from the heat and squeeze a lime lightly over the top stirring to combine.

Allow to cool slightly and then serve.

COCONUT CHICKPEA CURRY

225
CALORIES

7
PROTEIN

28
CARBS

9
FATS

9
FIBRE



Lentils have been found in Egyptian tombs dating as far back as 2400 BC.



Lentils come in a variety of types, green, brown, red, black and Lentils de Puy. Red lentils are best used for soups, dals and curries.

SERVES 8 | TOTAL TIME: 55 MINUTES

RED LENTIL CURRY

INGREDIENTS

2 tablespoons **coconut oil**
2 medium **yellow onions** OR 1 red onion
400 gram **fresh tomatoes**, diced (if using canned, do not drain)
1 teaspoon **sea salt**
¼ teaspoon **ground black pepper**
3 **garlic cloves**, minced
1 teaspoon **freshly minced ginger**
2 tablespoons **garam masala**
1 teaspoon **curry powder**
1 tablespoon **red curry paste**
¼ teaspoon **cumin**
1 cup **dry red lentils**, rinsed
470 millilitres **water**
400 gram tin **coconut milk**
1 small **lime**
Red pepper flakes
Chopped parsley

INSTRUCTIONS

Heat the coconut oil in a large pot on a medium heat.

Add in the onions and tomatoes, sea salt and ground black pepper and stir together.

Lower heat to medium and allow to cook down until juices of the tomatoes are naturally released and onions are soft and translucent.

Add all the other dry ingredients and stir to combine to ensure the lentils don't get stuck to the bottom.

Add the water and coconut milk and stir again to combine thoroughly.

Bring to a boil, cover the pan slightly then reduce to medium-low so that the mixture continues to simmer for 35 minutes. Stir occasionally to ensure the lentils don't stick to the bottom.

Depending on the kind of lentils you're using, you can check around the 20 minute mark to see if your lentils have finished cooking.

Serve with your choice of sides and topped with the pepper flakes and parsley

229
CALORIES

10
PROTEIN

23
CARBS

9
FATS

12
FIBRE



The Italian word for meatball is polpetta.



SERVES 12 | TOTAL TIME: 1 HOUR 15 MINUTES

MEAT FREE MEATBALLS

INGREDIENTS

185 gram cooked and cooled **quinoa** (ensure it's cooked and completely cooled before using)
400 gram tin **black beans** (rinsed, drained, dried)
2 tablespoon **water** (or olive or avocado oil)
3 cloves **garlic** (minced)
75 gram diced **shallot**
¼ teaspoon **sea salt** (plus more to taste)
2½ teaspoons **fresh oregano** (or sub half the amount in dried)
½ teaspoon **red pepper flake** (reduce for less heat)
½ teaspoon **fennel seeds** (optional)
25 gram **vegan parmesan cheese** (plus more for serving)
2 tablespoons **tomato paste**
3 tablespoons chopped **fresh basil** or parsley plus more for serving
1-2 tablespoons **vegan Worcestershire sauce** (optional)

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Add black beans to a parchment-lined baking sheet and bake for 15 minutes or until beans appear cracked and feel dry to the touch. Remove from the oven and then increase the oven to 190°C/375°F/gas 5.

Heat a large oven safe pan over medium heat. Add water (or oil), garlic, and shallots. Sauté for 2-3 minutes, or until slightly softened, stirring frequently. Remove from heat.

Add black beans to a processor along with garlic, shallot, sea salt, oregano, red pepper flakes, and fennel (optional) and pulse into a loose mix. Then add quinoa, parmesan, tomato paste, fresh basil or parsley, and Worcestershire sauce (optional). Pulse to combine until a rough dough forms

Taste and adjust flavour as needed, adding more salt, red pepper, herbs or Worcestershire sauce for more depth of flavour. If it's too tacky or wet, add more vegan parmesan cheese and pulse to combine

Use 1½ tablespoon amounts and form into small balls with your hands. Refrigerate for 15 minutes.

Heat an oven safe pan over medium heat. Sauté the meatballs for a few minutes, turning to form a crust on either side. Then transfer to the oven and bake for 20-30 minutes or until golden brown on the edges and slightly dry to the touch.

Serve with your favourite Italian sauce

Leftover meatballs keep for 4-5 days in the refrigerator or 1 month in the freezer.

67
CALORIES

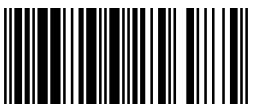
3
PROTEIN

10
CARBS

2
FATS

3
FIBRE

The word frittata is Italian and roughly translates to “fried.”



SERVES 6 | TOTAL TIME: 45 MINUTES

QUINOA FRITTATA

INGREDIENTS

1 medium **red onion**
1 clove **garlic**
1 **red chilli**
3 tablespoons **olive oil**
175 grams **gram flour**
1 tablespoon **sea salt**
175 millilitres **water**
100 gram **tenderstem broccoli**
100 gram **brussels sprouts**
100 gram **cauliflower**
1 **red bell pepper**
100 gram **baby leaf spinach**
1 **lemon**

INSTRUCTIONS

Trim the tenderstem broccoli, brussels sprouts and cauliflower and cut into bite sized pieces. Halve the red pepper, remove the stem and seeds and cut into bite sized chunks. Spread the vegetables over a lined baking sheet and bake in the oven for 20 minutes

Peel and finely slice the red onion and garlic. Deseed and finely chop the chilli. In a large frying pan over medium heat, cook the onions in 2 tablespoons of the olive oil until translucent, add the garlic and chilli to the pan and cook for a further 2-3 minutes. Remove from the heat and set to one side

Combine the gram flour and salt in a large bowl and gradually add the water, whisking constantly to make a smooth batter (you may not need to use all the water). Put all the cooked vegetables, including the onions, in the bowl and carefully fold into batter with a wooden spoon

Heat the remaining olive oil in a medium, frying pan, over a low to medium heat. Pour in the batter and fry gently for 10-12 minutes, using a spatula to gently loosen around the edges and prevent sticking

Remove from the heat, place a plate on top of the frying pan and carefully flip the pan to remove the frittata. Gently return the frittata back into the pan, for a further 10 minutes or so to cook the other side.

Remove the frittata from the pan, cut it into 6 triangles and serve immediately with a side of baby leaf spinach salad dressed with lemon juice

187
CALORIES

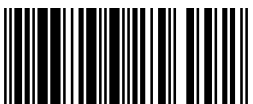
9
PROTEIN

22
CARBS

8
FATS

5
FIBRE

Buddha bowls are also known as macro or hippie bowls.



SERVES 2 | TOTAL TIME: 35 MINUTES

SATAY BUDDHA BOWL

INGREDIENTS

280 gram **quinoa cooked**
½ a medium **red bell pepper**, thinly sliced
200 gram **chickpeas** from a tin, washed and drained
2 large handfuls of **salad**
1 medium **cucumber**, thinly sliced
½ **avocado**, thinly sliced
1 tablespoon **sprouts** of your choice
½ teaspoon **toasted sesame seeds**

Satay dressing:

1 tablespoon **peanut butter**
Juice of half a **lemon**
2 tablespoons **olive oil**
1 tablespoon **water**

Salt

Pepper

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6

Toss the chickpeas and peppers in the rice bran oil and salt. Spread on a baking tray and roast in the oven for 20 to 25 minutes.

Meanwhile, whisk the ingredients for the dressing in a bowl, until the peanut butter is thoroughly mixed in.

Arrange the remaining ingredients in a bowl with the quinoa, add the roasted vegetables, drizzle with the satay dressing and top with toasted sesame seeds

528
CALORIES

18
PROTEIN

47
CARBS

31
FATS

6
FIBRE





SERVES 5 | TOTAL TIME: 3 HOURS

QUINOA AND BLACK BEAN CHILLI

INGREDIENTS

300 millilitres **vegetable broth**
300 gram **uncooked quinoa**
400 gram tin **black beans**, drained and rinsed
400 gram diced **tomatoes**
90 gram chopped **red and green bell pepper**
1 shredded **carrot**
½ **onion**, chopped
2 cloves **garlic**
½ small **chili pepper**
2 teaspoon **chili powder**
¼ teaspoon **cayenne pepper**
1½ teaspoon **sea salt**
1 teaspoon **ground black pepper**
1 teaspoon **ground cumin**
1 teaspoon **oregano**
90 gram **sweetcorn kernels**

Vegan Cashew Sour Cream:

75 gram **soaked cashews** (cashews soaked in water overnight)
3-4 tablespoons **water**
splash **apple cider vinegar**
½ teaspoon **fine sea salt**
1 teaspoon **lime juice**

INSTRUCTIONS

Combine the broth, quinoa, black beans and tomatoes in a slow cooker.

Then add the peppers, carrot, onion and garlic, and stir, then add the rest of the seasonings and give a final stir to mix well.

Set the slow cooker to high for 2 ½ to 3 hours or if you prefer, on low for 5 to 6 hours (for high, monitor the last 30 minutes and for low, monitor the last hour to ensure it doesn't get too dry).

If you like a chili with more liquid, do 2 ½ on high, and 5 on low. If you like thicker and just a little bit of liquid, go with the higher number for each option.

Vegan Cashew Sour Cream:

Blend all the ingredients in a high speed blender until smooth, for about 30 seconds. You may need to scrape the sides of the blender halfway through.

Serve the chili with a dollop of the cream and your favourite Mexican toppings

247
CALORIES

11
PROTEIN

48
CARBS

2
FATS

10
FIBRE



Save some time on this one by using store bought cauliflower rice.



SERVES 4 | TOTAL TIME: 1 HOUR 20 MINUTES

CAULIFLOWER PIZZA

INGREDIENTS

- 1 large head **cauliflower**
- 1 **flax egg** (Mix 1 tablespoon ground flax seed with 3 Tablespoons hot water.)
- ¼ teaspoon **dried oregano**
- ¼ teaspoon **sea salt**
- ⅛ teaspoon **garlic powder**
- 2 tablespoons **vegan parmesan**, shredded
- 3 ounces **vegan cheese**

Pizza Toppings:

Jackfruit pieces

- ¼ teaspoon **sea salt**
- ¼ teaspoon **black pepper**
- ⅛ teaspoon **garlic powder**
- Handful **baby spinach**
- 3-4 oz **vegan cheese**, sliced

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6

Make the cauliflower into rice by grating the cauliflower by hand or in a food processor, grating enough to produce 300 grams of rice.

Spread evenly on a rimmed baking sheet lined with parchment paper and roast in the oven for 20-25 minutes, tossing every so often. Once the rice is tender and beginning to turn golden brown, remove from the oven and transfer into a clean, tea towel or cloth and squeeze any excess moisture out.

Place the drained rice into a mixing bowl, along with the flax egg, dried oregano, salt, garlic powder, grated vegan parmesan and crumbled vegan cheese. Mix well

On a fresh sheet of parchment paper, pour the rice mixture out and form into a small rectangle. Do not use aluminium foil for this step, as the crust will stick.

Keep the dough about ⅓ of an inch thick as even and as flat as possible. You can also form the edges to stand up to mimic a crust.

Once the crust is fully formed, place back into the oven and bake for 30 to 40 minutes, or until the crust is firm and golden brown.

Top with whatever normal pizza toppings you prefer.

As per the ingredients, I recommend diced jackfruit, a handful of baby spinach and about 2-3 ounces of vegan mozzarella cheese.

Once topped, place back into the oven until toppings are cooked, or warmed through

Remove from the oven and allow to sit for 5 minutes before slicing into quarters

182
CALORIES

30
PROTEIN

11
CARBS

13
FATS

4
FIBRE

There are some great sugar free sweet chilli sauce options that work well with this.



Jump back to the side dishes and add the sweet potato fries to the burgers.

SERVES 4 | TOTAL TIME: 25 MINUTES

CHICKPEA AND CORIANDER BURGERS

INGREDIENTS

400 gram tin **chickpeas**, drained
Zest of 1 **lemon** plus juice
1 teaspoon **ground cumin**
Small bunch **coriander**, chopped
1 **flax egg** (Mix 1 Tablespoon ground flax seed with 3 Tablespoons hot water.)
100 gram **fresh breadcrumbs**
1 medium **red onion**, ½ diced, ½ sliced
1 tablespoon **olive oil**
4 small **wholemeal buns**
1 large **tomato** sliced,
½ **cucumber**, sliced
Chilli sauce, to serve

INSTRUCTIONS

Blend the chickpeas, lemon zest, lemon juice, cumin, half the coriander, the flax egg and some seasoning in a food processor. Scrape into a bowl and mix with 80 grams of the breadcrumbs and the diced onions.

Form 4 burgers, press remaining breadcrumbs onto both sides and chill for at least 10 minutes.

Heat the oil in a frying pan over a medium heat and fry the burgers for 4 minutes on either side

To serve, slice each bun and fill with a slice of tomato, a burger, a few red onion slices, some cucumber slices, a dollop of chilli sauce and the remaining coriander.

344
CALORIES

15
PROTEIN

56
CARBS

8
FATS

6
FIBRE





Again for this one we used some homemade vegan tortillas but store bought work just as well. If you don't like the edges getting too crispy brush with a little water before cooking.

SERVES 1 | TOTAL TIME: 20 MINUTES

TORTILLA VEGETABLE PIZZA

INGREDIENTS

1 low-fat **tortilla wrap**, gluten-free, if needed

Arrabiata sauce or plain tomato sauce, see recipe below or use a low-fat shop bought version

2 heaped tablespoon **nutritional yeast** (Optional)

1 spray **extra virgin olive oil** (Optional)

¼ **red onion**, sliced

¼ **courgette**, diced

Mixture of **bell peppers**, sliced

1 clove of **garlic**, minced

Fresh basil, chopped finely

Quick Arrabiata Sauce

55 gram **tinned tomatoes** or passata

½ teaspoon dried **chilli flakes**

1 clove **garlic**

Fresh basil

INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5

Prepare the quick Arrabiata sauce by blending the tomatoes, chilli flakes, garlic and basil together in a food processor until smooth.

Top the wrap with 2-3 tablespoon of the sauce and mix in with the nutritional yeast if desired.

Heat a frying pan over medium heat and lightly cook the onion, courgette, peppers and garlic until softened, in the low calorie olive oil spray.

Arrange the vegetables on top of the wrap and transfer to the oven.

Cook for 10-12 minutes on a rack or tray, rotating to ensure even cooking, until the edges are golden brown and crispy.

Serve hot or cold topped with some fresh basil. This will keep well covered in the fridge for 2 or 3 days.

157
CALORIES

7
PROTEIN

30
CARBS

1
FATS

5
FIBRE

Sometimes the vegan version of this dish is called a shepherdless pie.



This vegan take on the traditional Irish recipe is packed to the brim with loads of fibre so super filling.



SERVES 6 | TOTAL TIME: 1 HOUR

SHEPHERDS PIE

INGREDIENTS

1 medium **onion** (diced)
2 cloves **garlic** (minced)
300 gram uncooked **brown or green lentils**
(rinsed and drained)
1½ pints **vegetable stock**
2 teaspoons **fresh thyme** (or 1 teaspoon dried thyme per 2 teaspoon fresh)
300 gram **frozen mixed veggies**: peas, carrots, green beans,
and corn

Mashed potato

1¼ kilogram **potatoes** (thoroughly washed)
3-4 tablespoon **vegan butter**
Salt and pepper (to taste)

INSTRUCTIONS

Begin by preheating your oven to 240°C/475°F/gas 9

Place the potatoes in a large pot, halving any large ones, just about cover with water. Bring to a low boil, salt, cover and cook for 20-30 minutes or until tender. Drain, add back to the pot to evaporate any remaining water, then transfer to a mixing bowl and mash until smooth. Add desired amount of butter and season with salt and pepper to taste. Cover and set aside.

In a large saucepan over medium heat, sauté onions and garlic in 1 tablespoon olive oil until lightly browned.

Season with salt and pepper then add lentils, stock, thyme and stir. Bring to a low boil. Reduce heat to simmer and continue to cook until lentils are tender

During the last 10 minutes of cooking, add the frozen vegetables, stir, and cover.

Taste and adjust seasonings as needed. Then transfer to a greased baking dish and carefully top with mashed potatoes. Smooth down with a spoon or fork and season with pepper and a little sea salt.

Bake for 10-15 minutes or until the potatoes are lightly browned on top.

Allow to cool slightly and thicken before serving

396
CALORIES

18
PROTEIN

72
CARBS

5
FATS

19
FIBRE





Whilst most spaghetti style pasta is vegan, be wary of egg based pasta if you intend avoiding it.

SERVES 4 | TOTAL TIME: 45 MINUTES

SPAGHETTI BOLOGNESE

INGREDIENTS

1 **red onion**
3 **garlic cloves**
2 **celery sticks**
1 large **carrot**
200 gram **mushrooms**
1 teaspoon **smoked paprika**
½ teaspoon **nutmeg**
120 millilitres **red wine**
400 gram tin **chopped tomatoes**
120 millilitres **veg stock**
1 tablespoon **soy sauce**
1 teaspoon **mixed dried herbs**
1 teaspoon **marmite**
300 gram **vegan mince**
400 gram **wholewheat spaghetti**
2 teaspoons **vegetable oil**

INSTRUCTIONS

Chop the onions and garlic. Heat some vegetable oil in a saucepan on medium heat and when hot add the garlic and onion. Allow to sauté for about 5 minutes.

Chop the carrot into small pieces onion and garlic along with the chopped celery allow to cook for 5 minutes before roughly slicing and adding the mushrooms.

Once all the liquid from the mushrooms has evaporated add, the paprika and nutmeg then stir.

Add the red wine, simmer for a minute or so before adding the tomatoes, vegetable stock, soy sauce, herbs, mince and marmite.

Let this simmer gently for about 15 minutes until the sauce is the desired consistency and is rich and red in colour. Meanwhile, put some spaghetti on to boil for 10 minutes.

Once the pasta is cooked, drain and serve topped with the sauce, some fresh basil and vegan cheese.

430
CALORIES

29
PROTEIN

41
CARBS

14
FATS

4
FIBRE





Alter the consistency of the sauce by using different amounts of coconut milk, do however adjust the calories.

SERVES 4 | TOTAL TIME: 15 MINUTES

THAI GREEN CURRY

INGREDIENTS

2 tablespoons **sunflower oil**
800 gram **butternut squash** peeled and cut into bite-sized cubes
3 tablespoons **light soy sauce**
Lime wedges to serve
A handful of **coriander to serve**
1 deseeded and sliced **red chilli**
1 spring onion finely chopped to serve
Jasmine rice to serve

Green Curry Base

1 stalk of **lemongrass** bruised
2 tablespoons **Thai green curry paste**
2 x 400 millilitre tins **low-fat coconut milk**
Handful **sugar snap peas**
Handful **asparagus spears**, tough ends removed
Handful trimmed **green beans**
2 tablespoons frozen or fresh **edamame beans**

INSTRUCTIONS

Heat 1 tablespoon of sunflower oil in a wok. Toss the butternut squash cubes into the soy sauce. Put the soy-coated butternut squash in the wok and cook over a medium heat for 10 minutes or until softened and browned, stirring often

Heat the remaining sunflower oil in a separate large frying pan. Add the lemongrass and Thai green curry paste, and fry over a high heat for 1 minute.

Add the coconut milk, then reduce the heat slightly and simmer for around 8 minutes.

Remove the lemongrass stalk and discard. Add sugar snap peas, asparagus, green beans and edamame beans into the sauce and cook for a further 4 to 5 minutes or until the vegetables are al dente

Divide the curry into bowls and add the squash. Top each bowl with a squeeze of lime, sprinkles of coriander, slices of chilli and spring onion.

Serve with bowls of steaming, fluffy jasmine rice.

332
CALORIES

6
PROTEIN

22
CARBS

23
FATS

6
FIBRE

The term 'polenta' originates from the Latin word meaning 'peeled barley'.



SERVES 2 | TOTAL TIME: 15 MINUTES

INGREDIENTS

150 gram **polenta**
200 millilitres **full-fat coconut milk**
300 millilitres **vegetable broth**
2-3 tablespoons **nutritional yeast flakes** or vegan parmesan cheese (optional)

Mushroom Spinach Topping:

1 tablespoon **olive oil** or coconut oil
1 **onion** sliced
200 gram **sliced mushroom**
2 cloves **garlic minced**
1-2 tablespoons **soy sauce**
450 gram **spinach** roughly chopped
Salt and black pepper to taste
2-3 tablespoons **pine nuts**

INSTRUCTIONS

In a pot bring the coconut milk and vegetable broth to a boil. Stir in polenta with a whisk.

Reduce to a low simmer and continue to whisk for 1-2 minutes to avoid the polenta becoming lumpy.

Cover and allow to simmer for a further 10 minutes (or according to packet instructions), stirring occasionally.

Once the polenta is creamy and smooth, remove from the heat and stir in the nutritional yeast or vegan parmesan if desired

Mushroom Spinach Topping:

Heat the oil in a pan. Add mushrooms and onions and fry for about 3 minutes on high heat or until beginning to become golden-brown.

Add minced garlic and cook for a further 30 seconds. Add soy sauce and spinach and cook until spinach is wilted. Season with salt and pepper to taste and add a splash of fresh lime juice, if desired.

Toast pine nuts in a small pan without oil until lightly browned.

Serve the polenta topped with mushrooms, spinach and the toasted pine nuts.

POLENTA WITH MUSHROOMS AND SPINACH

491
CALORIES

17
PROTEIN

28
CARBS

35
FATS

5
FIBRE





The ingredients in this bowl can also be adapted to make a more traditional layered style moussaka.

SERVES 4 | TOTAL TIME: 15 MINUTES

MOUSSAKA BOWLS

INGREDIENTS

2 **aubergines** sliced into 1 centimetre rounds
2 teaspoons **olive oil**
4 large **ripe tomatoes** halved
1 handful **flat-leaf parsley** roughly torn to serve

Lentil Mince

1 tablespoon **olive oil**
1 **onion** finely chopped
1 clove **garlic** crushed
½ teaspoon **ground cinnamon**
½ teaspoon **smoked paprika**
½ teaspoon **dried oregano**
400 gram tin **chopped tomatoes**
400 gram tin **green lentils**, drained and rinsed
1 teaspoon **Marmite**

Nutmeg Yoghurt

8 tablespoon **unsweetened soya yogurt**
A pinch **freshly grated nutmeg**
A drizzle **extra-virgin olive oil**

INSTRUCTIONS

Heat a griddle pan until hot. Brush the aubergine slices with the olive oil and griddle for 5-6 minutes on each side until soft and charred, then grill the tomatoes for 4 minutes on the cut side

For the lentil mince, heat the olive oil in a pan over a medium-high heat and cook the onion for 2-3 minutes until softened but not browned. Add the garlic, cinnamon, paprika and oregano, and cook for a further 1 minute, stirring all the time. Pour in the chopped tomatoes, lentils, marmite and 50 millilitres of water. Allow to simmer for 10 minutes.

Divide the lentil mince into bowls with the griddled aubergine and tomatoes.

Top with the nutmeg yogurt and sprinkle with the grated nutmeg and a drizzle of extra-virgin olive oil. Scatter with the flat-leaf parsley.

241
CALORIES

12
PROTEIN

26
CARBS

7
FATS

14
FIBRE

DESSERTS







SERVES 25 | TOTAL TIME: 20 MINUTES

INGREDIENTS

100 gram mashed ripe **avocado**
2 tablespoons **sugar free flavoured maple syrup**
170 gram **sugar free vegan dark chocolate**
4 tablespoons **unsweetened cocoa powder**
½ teaspoon **vanilla extract** - optional
2-3 drops **stevia** - optional add to increase sweetness if you like

INSTRUCTIONS

Using a fork, mash the avocado into a smooth purée in a bowl.

Melt the chocolate gently over a bowl of hot water

Add the sugar free maple syrup, melted chocolate, unsweetened cocoa powder vanilla (and stevia drops if you want to increase the sweetness). Stir to combine.

Cover and refrigerate for 30 minutes.

Slightly grease your hands with coconut oil and shape the truffles in your palms

Roll each truffle into the coating of your choice : unsweetened cocoa powder or desiccated coconut and place them on a plate covered with parchment paper. Store in the fridge for a further 30 minutes before eating,

This recipe makes about 25 truffles. Store in the fridge for up to 4 days, in an airtight container.

AVOCADO CHOCOLATE TRUFFLES

43
CALORIES

1
PROTEIN

4
CARBS

4
FATS

3
FIBRE



Two peanut farmers have been elected president of the USA. Peanut butter quite literally rules!



SERVES 16 | TOTAL TIME: 30 MINUTES

PEANUT BUTTER BROWNIES

INGREDIENTS

For the Peanut butter swirl:

125 gram **creamy natural peanut butter**
40 gram **icing sugar**
1 tablespoon **coconut oil**, melted
½ teaspoon **pure vanilla extract**
Pinch **salt**

For the Brownies:

100 gram **vegan chocolate chips**
50 gram **refined coconut oil**
80 millilitres **unsweetened almond milk**
(or your favourite non-dairy milk), at room temperature
1 teaspoon **pure vanilla extract**
1 tablespoon **cornstarch**
80 gram **granulated sugar**
75 gram plus 2 tablespoon **all-purpose flour**
3 tablespoons **cocoa powder**
½ teaspoon **baking powder**
⅛ teaspoon **salt**

INSTRUCTIONS

Peanut Butter swirl:

Stir together all the ingredients in a large mixing bowl until smooth then set aside.

Brownies: Preheat your oven to 180°C/350°F/gas 4. Line an 8-inch square metal pan with tin foil, then coat the foil with non-stick cooking spray.

In a large metal bowl set over a saucepan of simmering water, melt the chocolate with the coconut oil, stirring with a rubber spatula, until combined and smooth. Remove from the heat.

In a separate mixing bowl, whisk together the milk, vanilla, and cornstarch, add the chocolate mixture and whisk again to combine. Add the sugar and mix well.

Sift in the flour, cocoa, baking powder, and salt and fold until combined (a few lumps are okay). Pour the batter into the baking pan and spread out evenly.

Drop spoonful's of the peanut butter swirl mixture onto the brownie batter in the pan, then use a butter knife to swirl it in. Bake until a toothpick or skewer inserted in the centre comes out mostly clean (around 18 to 20 minutes)

When cool enough to handle, lift the foil out of the pan, slice the brownies, and enjoy

265
CALORIES

7
PROTEIN

18
CARBS

19
FATS

2
FIBRE



Use overly ripe, black bananas (previously frozen are great) for moist bread and plenty of banana flavour.

SERVES 9 | TOTAL TIME: 1 HOUR 15 MINUTES

BANANA BREAD

INGREDIENTS

1 tablespoon **flaxseed**
2½ tablespoons **water**
3 medium **ripe bananas**
65 gram **unsalted almond butter**
3 tablespoons **avocado oil**
115 gram **coconut sugar**
2-3 **tablespoons maple syrup**
½ teaspoon **sea salt**
120 millilitre **unsweetened almond milk**
1 tablespoon **baking powder**
150 gram **almond meal** (ground from raw almonds)
125 gram **gluten-free flour blend**
105 gram **gluten-free oats**
65 gram **chopped raw walnuts**

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and lining a loaf pan with parchment paper.

Mix the flax and water in a large mixing bowl and let rest for 5 minutes.

Then add ripe, peeled banana and mash well with a fork until fairly smooth.

Add almond butter, avocado oil, coconut sugar, maple syrup, sea salt, and almond milk and whisk to combine. Then the baking powder, almond meal, gluten-free flour blend, and gluten-free oats and stir well to combine. Finally add half of the walnuts and stir to combine.

Pour the mixture into the pan and smooth with a spoon. Top with remaining walnuts. Bake for 1 hour to 1 hour 15 minutes. When it's ready, the loaf should feel firm and be crackly and golden brown on top - a toothpick or knife should come out clean after being inserted into the centre.

Let rest for 10 minutes, carefully loosen sides with a knife or pull up on the parchment paper and transfer to a cooling rack. Let cool completely before cutting or it will tend to crumble and fall apart.

This will keep at room temperature for 4 or 5 days.

458
CALORIES

10
PROTEIN

55
CARBS

24
FATS

7
FIBRE





This can be made with pretty much any type of frozen fruit. Cherries work very well!

SERVES 24 | TOTAL TIME: 2 HOURS 30 MINUTES

STRAWBERRY CHEESECAKE BITES

INGREDIENTS

Crust (makes 24 mini cheesecakes)

125 gram **pecans**

6 **medjool dates**

15 gram **shredded coconut**

¼ teaspoon **sea salt**

Filling

125 gram **raw cashews** (soaked for 3 hours)

100 gram **frozen strawberry slices**

90 gram **agave nectar**

50 gram **coconut oil** (melted)

2 tablespoons **lemon juice**

Swirl/Topping

100 gram **frozen strawberries**, melted

INSTRUCTIONS

Crust

Remove the pits from the medjool dates and soak them in warm water for 10 minutes. Drain and place in a food processor along with the remaining ingredients. Process until the nuts are crumbled and the crust is sticking together.

Press about 1½ teaspoon of the mixture into the bottom of each mini muffin cup.

Drain and rinse cashews in fresh water, add them to a high speed blender, with frozen strawberries, agave nectar, melted coconut oil, and lemon juice. Blend until smooth. Pour this mixture into a bowl and set aside.

Swirl/Topping

Allow the frozen strawberries to melt at room temperature until soft, then blend into a smooth purée.

Take a tablespoon of the cashew filling and pour on top of the pressed crust. Then take ½ teaspoon of strawberry purée and dollop on top of the cashew filling. Take the end of a toothpick and swirl the two mixtures around

Freeze the cheesecakes for 1-2 hours until solid. Remove them from the mini muffin trays and allow to thaw for 10-15 minutes before enjoying.

112
CALORIES

2
PROTEIN

7
CARBS

9
FATS

0
FIBRE





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