

VEGANUARY'S 1600–1700 CALORIE MEAL PLAN

EACH
RECIPE
SERVES ONE
PERSON

1600–1700
KCAL
PER DAY



DAY 1: 1,650 KCAL



BREAKFAST PORRIDGE WITH BLUEBERRIES



LUNCH LENTIL SALAD



DINNER GRAINS AND GREENS

SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 banana and 50g mixed nuts





DAY

1

BREAKFAST

PORRIDGE WITH BLUEBERRIES

INGREDIENTS

60g / $\frac{3}{4}$ cup oats

125ml / $\frac{1}{2}$ cup plant milk

125ml water

2 tbsp mixed seeds (sunflower, pumpkin, sesame, poppy, chia, linseeds)

110g / 1 cup blueberries

METHOD

1. Place the oats in a pan with the plant milk and water, and mix well
2. Bring to the boil, reduce the heat and simmer gently for 4-5 minutes, stirring occasionally
3. Remove from the heat and either stir in the seeds and blueberries or scatter them on the top



LUNCH

LENTIL SALAD

DAY

1

INGREDIENTS

75g / 1 cup cooked green lentils
½ red bell pepper, finely chopped
½ onion, finely chopped
1 celery stick, finely chopped
1 tbsp parsley, chopped
Juice of ½ lemon
2 tsp extra virgin olive oil

METHOD

1. Combine the lentils with the vegetables, and stir in the parsley
2. Drizzle the lemon juice and olive oil over the top
3. Season to taste



DAY

1

DINNER

GRAINS AND GREENS

INGREDIENTS

40g / ¼ cup dry quinoa or millet

1 small tomato, quartered

½ medium courgette / zucchini,
finely diced

½ onion, finely sliced

1/3 head of broccoli
(about 5 florets)

2 tbsp cubed pumpkin or
butternut squash

1 bay leaf

1 tbsp chives or herbs of your
choice, chopped

1 tsp linseed oil after cooking

110g / 1 cup lettuce leaves
with cucumber and tomato

1 tsp linseed oil

METHOD

1. Put the quinoa in 350ml water with the tomato, courgette/ zucchini, onion, pumpkin and bay leaf
2. Cover and bring to the boil, then turn down the heat and let simmer for 10 minutes, making sure it does not dry out by adding more water if necessary, but not letting it become too soupy
3. Then add the broccoli florets and let simmer for another 10 minutes or until all the water has evaporated
4. Remove from the heat, remove the bay leaf and stir in the chopped herbs and the linseed oil. Season to taste
5. Serve with a side salad dressed with linseed oil

DAY 2: 1,604 KCAL



BREAKFAST VERY BERRY SMOOTHIE



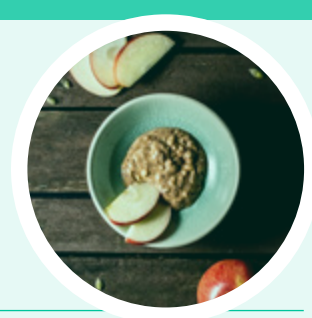
LUNCH STUFFED PITA POCKET



DINNER STUFFED PORTOBELLO MUSHROOM WITH SALAD

SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 sliced apple with 2 tbsp peanut butter
- 3 tbsp sunflower and pumpkin seeds





BREAKFAST VERY BERRY SMOOTHIE

DAY

2

INGREDIENTS

110g / 1 cup mixed frozen berries

50g / 1 cup spinach leaves

1 banana

2 tbsp ground linseeds or
chia seeds

250ml / 1 cup unsweetened
plant milk

METHOD

1. Put all the ingredients into a blender, and blend until all the frozen berries are broken down



LUNCH

STUFFED PITA POCKET

DAY

2

INGREDIENTS

1 wholegrain pita bread

1 tbsp hummus

½ chopped avocado

120g / 1 cup mixed salad
vegetables, such as rocket,
tomato, bell pepper, cucumber,
spring onion

METHOD

1. Fill the pita pocket with the hummus and avocado,
and your choice of veg



DAY

2

DINNER

STUFFED PORTOBELLO MUSHROOM WITH SALAD

INGREDIENTS

3 Portobello mushrooms

60g / 1/3 cup brown lentils,
dried or pre-cooked

1 clove garlic, crushed

1 shallot, sliced

½ courgette / zucchini, finely
diced

1 tbsp chopped parsley

100g salad leaves, such as lamb's
lettuce, rocket, spinach

4 cherry tomatoes

Juice of ½ lemon

1 tbsp linseed oil

2 wholegrain rice cakes

METHOD

1. Heat the oven to 175°C or 350°F
2. If using dried lentils, boil them in a pan with enough water to easily cover them for 15 minutes, adding more water if needed
3. After this time – or if using pre-cooked lentils – add the crushed garlic, finely diced shallot and courgette / zucchini pieces. Bring to the boil and let simmer for another five minutes
4. Meanwhile, remove stems of the mushrooms, and gently scrape out the gills of the mushrooms with a spoon. Set them aside
5. Drain the lentil mixture, leaving just a little moisture in them, and stir in the herbs. Season to taste and stuff the mushrooms with the mixture
6. Roast in the oven for 15-20 minutes, until the mushrooms are soft
7. Serve with a salad, dressed with lemon juice and linseed oil, and two wholegrain rice cakes

DAY 3: 1,659 KCAL



BREAKFAST **NUTTY TOAST AND FRUITY YOGHURT**



LUNCH **AVOCADO AND CHICKPEA SANDWICH**



DINNER **TEMPEH STIR FRY**

SNACKS TO ENJOY THROUGHOUT THE DAY

- ½ mango
- 2 squares dark chocolate (more than 73% cocoa)
- 50g / ½ cup mixed nuts





DAY

3

BREAKFAST

NUTTY TOAST AND FRUITY YOGHURT

INGREDIENTS

125ml / 1 cup unsweetened plant yoghurt

½ apple or 1 nectarine or 1 peach

2 tbsp berries

2 tsp mixed seeds

1 piece of wholemeal toast

1 tbsp almond butter

METHOD

1. Serve the yoghurt with the berries, seeds and your fruit of choice
2. Serve the toast with almond nut butter



DAY

3

LUNCH

AVOCADO AND CHICKPEA SANDWICH

INGREDIENTS

½ avocado, destoned, peeled and sliced

35g / ½ cup cooked chickpeas

2 tbsp chopped chives

2 tbsp chopped coriander or parsley

2 tbsp lemon juice

2 slices wholegrain bread

METHOD

1. Mash the avocado and chickpeas together. Season to taste
2. Combine with the other ingredients and serve on or in the bread



DAY
3

DINNER

TEMPEH STIR FRY

INGREDIENTS

85g / ½ cup tempeh, cubed
300g / 2 cups mixed vegetables
(such as broccoli, beans,
courgettes / zucchini, bell pepper,
mushrooms) diced
2 tbsp soy sauce
1 tsp chilli flakes (optional)
1 spring onion to garnish,
finely sliced
45g cooked quinoa or rice
1 tsp linseed oil

METHOD

1. Cook the quinoa or rice to the directions on the pack
2. In a wok or large non-stick pan, add the tempeh, vegetables and 1 tbsp water. Cover with a lid and let the vegetables steam for 2-3 minutes, making sure they do not stick
3. Then remove the lid, add the chilli flakes if using them, and stir-fry the mixture for another 5 minutes
4. Add the soy sauce
5. Stir in the linseed oil, add the spring onion and season to taste

DAY 4: 1,780 KCAL



BREAKFAST BREAKFAST SMOOTHIE



LUNCH SCRAMBLED TOFU



DINNER SAUSAGE SALAD

SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 orange
- 50g / ½ cup mixed nuts
- 2 celery sticks with 3 tbsp hummus





BREAKFAST BREAKFAST SMOOTHIE

DAY

4

INGREDIENTS

55g / ½ cup frozen mixed berries

½ banana

½ avocado

2 tbsp ground linseeds
or chia seeds

1 tsp peanut butter

250ml / 1 cup unsweetened
plant milk

METHOD

1. Put all the ingredients into a blender, and blend until the frozen berries are broken down



DAY
4

LUNCH

SCRAMBLED TOFU

INGREDIENTS

2 tsp rapeseed oil
160g / ½ cup firm tofu, drained,
dried and crumbled
50g / 1 cup spinach leaves
1 tomato, chopped
1 tsp turmeric
2 tbsp chives, chopped
2 tbsp parsley, chopped
2 slices wholegrain bread

METHOD

1. Heat the oil In a non-stick pan, and add the tofu. Stir to cover it in the oil
2. Add the spinach leaves, tomato and turmeric and fry for five minutes, stirring regularly
3. Add the herbs and season to taste
4. Serve with the bread, which can be toasted if you prefer



DINNER

SAUSAGE SALAD

DAY

4

INGREDIENTS

2 vegan sausages (we used Fry's)

90g / ½ cup quinoa

110g / 1 cup salad leaves with 2
tsp linseed oil

METHOD

1. Cook the sausages as per the instructions
2. Cook the quinoa as per instructions or use pre-cooked grains
3. Dress the salad leaves with the oil

VEGANUARY 

DAY 5: 1,627 KCAL



BREAKFAST SUPER SATISFYING PORRIDGE



LUNCH CHICKPEA / GARBANZO BEAN SALAD



DINNER KALE PESTO AND PASTA

SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 medium grapefruit
- 3 ryvita with 1 tbsp almond butter





DAY
5

BREAKFAST

SUPER SATISFYING PORRIDGE

INGREDIENTS

60g / $\frac{3}{4}$ cup oats

125ml / $\frac{1}{2}$ cup unsweetened
plant milk

125ml water

1 sliced apple

2 tsp sultanas or dried cranberries

3 tsp ground linseeds

METHOD

1. Place the oats in a pan with the plant milk and water, and mix well
2. Bring to the boil and simmer gently for 4-5 minutes,
3. stirring occasionally
4. Remove from the heat and either stir in the fruit and seeds, or scatter them on the top



DAY

5

LUNCH

CHICKPEA / GARBANZO BEAN SALAD

INGREDIENTS

105g / 1½ cups cooked chickpeas
/ garbanzo beans

10 olives, halved

50g / ½ cup corn (canned or
cooked from fresh)

7 cherry tomatoes

2 tbsp fresh basil leaves

1 tbsp extra virgin olive oil

METHOD

1. Mix all the ingredients together and season to taste



DINNER

KALE PESTO AND PASTA

DAY

5

INGREDIENTS

75g wholemeal, spelt, lentil or buckwheat pasta

50g / 1½ cup kale

35g / ¼ cup cashews

4-6 basil leaves

Juice of ½ lemon

110g / 1 cup mixed salad such as green leaves, tomatoes, cucumber, bell pepper, celery

2 tsp linseed oil

METHOD

1. Cook the pasta according to the instructions
2. Meanwhile, blend the kale, cashews and basil together with the juice of the lemon
3. Season to taste
4. Drain the pasta, and stir the pesto through it
5. Serve with a salad, dressed with linseed oil

DAY 6: 1,610 KCAL



BREAKFAST AVO ON TOAST



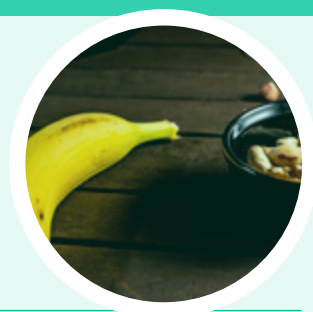
LUNCH RED LENTIL AND PUMPKIN SOUP



DINNER CANNELLINI BEAN AND BEETROOT SALAD

SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 banana
- 50g / ½ cup mixed nuts





BREAKFAST

AVO ON TOAST

DAY

6

INGREDIENTS

2 pieces wholegrain toast

2 tomatoes

1 avocado

2 tbsp fresh basil

METHOD

1. Assemble as you wish!



DAY

6

LUNCH

RED LENTIL AND PUMPKIN SOUP

INGREDIENTS

40g / 1/5 cup dried split red lentils

50g / 1/2 cup millet

150g / 1 cup chopped pumpkin or butternut squash

1 tsp salt

1/4 tsp ground cumin

1/4 tsp ground ginger

1/4 tsp turmeric

1/4 tsp chilli powder (optional)

1 tbs linseed oil

METHOD

1. Add the lentils, millet and pumpkin to 900ml water and bring to the boil
2. Add the salt, cumin, ginger, turmeric and chilli, then cover and reduce to a simmer for 20 minutes
3. Let cool slightly, then blend
4. Stir in the linseed oil and season to taste



DAY

6

DINNER

CANNELLINI BEAN AND BEETROOT SALAD

INGREDIENTS

1 carrot, cut into thin julienne strips

110g / 1 cup green salad leaves

1 tsp linseed oil

100g / 1 & 2/5 cup cooked or canned cannellini beans

2 medium cooked beetroots, grated or finely chopped

1 tbsp capers

1 tbsp parsley, chopped

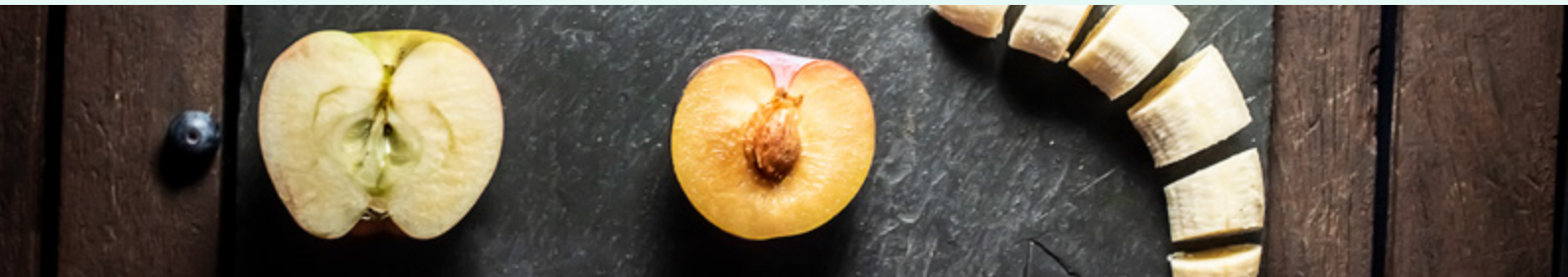
1 tsp lemon juice

1 tbsp extra virgin olive oil

METHOD

1. Boil the carrot strips for two minutes, drain and cool
2. Dress the salad leaves with the linseed oil
3. On top of them, place the beans, beetroot, carrot and capers
4. Stir in the parsley, and dress the salad with the lemon juice and olive oil

DAY 7: 1,831 KCAL



BREAKFAST FRUIT SALAD AND TOAST



LUNCH BURGERS IN BUN



DINNER VEGGIE FARINATA

SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 raw fruit bar (we love Pulsin bars)
- 100g / 1 cup mixed berries





BREAKFAST FRUIT SALAD AND TOAST

DAY
7

INGREDIENTS

1 piece wholegrain toast

20g vegan cheese

1 tbsp hummus

Fruit salad:

1 banana, ½ apple, a plum,

2 strawberries, ten blueberries,

1 tbsp lemon juice

METHOD

1. Make the fruit salad and stir the lemon juice through it
2. Spread the hummus on the toast, and pile the cheese on top. This can be grilled to melt the cheese if you wish



LUNCH

BURGERS IN BUN

DAY

7

INGREDIENTS

- 2 vegan burgers of your choice
- 150g mixed salad, such as green leaves, tomatoes, celery, bell pepper, spring onion
- 1 tsp linseed oil
- 1 wholemeal bun, 60g
- 1 tbsp tomato ketchup

METHOD

1. Cook the burgers according to the instructions
2. Dress the salad with the linseed oil
3. Load them into your bun, and add ketchup



DAY

7

DINNER

VEGGIE FARINATA

INGREDIENTS

100g / 1 cup chickpea flour
125ml / ½ cup water
1 tsp rosemary, chopped or dried
½ red pepper, finely chopped
1 tomato, chopped
½ chopped leek, finely chopped
½ tsp sea salt
1 tsp extra virgin olive oil for the baking tray

METHOD

1. Heat the oven to 175oC or 350oF
2. Combine the chickpea flour with the water and whisk to ensure there are no lumps. Stir in the rosemary and set aside
3. Oil a baking tray or ovenproof non-stick pan
4. Cut the vegetables and place them on the tray / in the bottom of the pan
5. Season to taste
6. Pour the chickpea batter over the mixture, sprinkle the sea salt over the top and cook in the oven for 25 -30 minutes
7. Let it rest for a few minutes, then cut it into pieces