

# VEGANUARY'S 2050–2225 CALORIE MEAL PLAN

EACH  
RECIPE  
SERVES ONE  
PERSON

2050–2225  
KCAL  
PER DAY



# DAY 1: 2,050 KCAL



## BREAKFAST NUT AND BERRY SMOOTHIE



## LUNCH PACKED PITA POCKET



## DINNER KIDNEY BEAN STEW

### SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 banana and 50g / ½ cup mixed nuts







DAY  
**1**

## BREAKFAST NUT AND BERRY SMOOTHIE

### INGREDIENTS

110g / 1 cup mixed frozen berries

2 tbsp ground linseeds  
or chia seeds

1 banana

250ml / 1 cup unsweetened  
plant milk

2 tsp peanut butter

### METHOD

1. Combine all the ingredients and blend until the frozen berries are broken down



## LUNCH

# PACKED PITA POCKET

DAY

1

### INGREDIENTS

1 wholegrain pita bread

3 tbsp hummus

½ tomato

50g / ½ cup salad leaves (rocket, watercress or spinach)

½ bell pepper, sliced

1 tbsp olives

1 apple

### METHOD

1. Assemble your pita pocket
2. Have an apple for dessert!



DAY

1

## DINNER

# KIDNEY BEAN STEW

### INGREDIENTS

½ onion, sliced  
1 tbsp extra virgin olive oil  
1 clove garlic, peeled and sliced  
70g / ½ cup dried kidney beans  
soaked overnight, or use 170g  
canned beans  
½ bell pepper, sliced  
½ aubergine, diced  
75g / ½ cup pumpkin, diced  
2 tbsp tomato paste  
Parsley or chives to taste  
50g / ½ cup cooked brown rice

### METHOD

1. In a pan, sauté the onion in a pan in the olive oil until it is translucent
2. Add the garlic, fry whilst stirring for one minute
3. Add the beans and other vegetables, and stir in the tomato paste
4. Add enough water to just cover the vegetables and season
5. Cover, bring to the boil, then reduce the heat and simmer for 15 minutes
6. Add the herbs of your choice at the end, and serve with the rice



# DAY 2: 2,065 KCAL



## BREAKFAST A-BIT-OF-EVERYTHING BREAKFAST



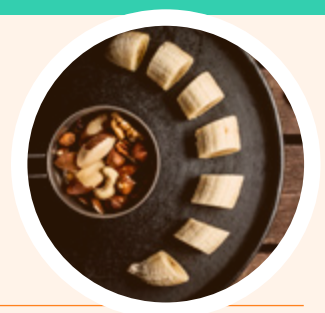
## LUNCH GRAINS AND GREENS (AND REDS AND ORANGES)



## DINNER LASAGNE WITH SALAD

### SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 banana
- 50g / ½ cup mixed nuts





DAY

2

## BREAKFAST

# A-BIT-OF-EVERY THING BREAKFAST

### INGREDIENTS

1 nectarine

2 slices wholemeal toast

2 tsp peanut butter

1 tsp Marmite (or other yeast extract)

125ml / ½ cup unsweetened plant yoghurt

55g / ½ cup mixed berries

### METHOD

1. Eat the nectarine while you wait for the toast to pop up
2. Enjoy the toast with the peanut butter and Marmite
3. Mix the berries with the yoghurt





DAY

2

## LUNCH

# GRAINS AND GREENS (AND REDS AND ORANGES)

### INGREDIENTS

180g / 1 cup quinoa

300g / 2 cups mixed fresh  
vegetables, either raw or lightly  
steamed

1 tbsp linseed oil

1 tbsp fresh herbs

Squeeze of lemon

### METHOD

1. Cook the quinoa according to the instructions, then stir in the linseed oil and herbs
2. Serve with the vegetables, and a squeeze of lemon





DAY

2

## DINNER: INGREDIENTS

# LASAGNE WITH SALAD

### FOR THE TOMATO AND LENTIL SAUCE

½ onion, peeled and finely diced  
1 clove garlic, peeled and crushed  
½ celery stick, finely sliced  
½ courgette / zucchini, finely chopped  
50g / ¼ cup red split lentils  
2 tbsp tomato puree  
½ tsp dried oregano  
1 tbsp fresh parsley, chopped  
Salt to taste

### FOR THE BÉCHAMEL SAUCE

1 tsp extra virgin olive oil  
1 tbsp wholemeal flour  
125ml unsweetened plant milk  
1 tsp ground nutmeg  
75g wholemeal lasagne sheets  
110g / 1 cup green salad  
1 tsp linseed oil



DAY

2

## DINNER: METHOD

# LASAGNE WITH SALAD

1. Preheat the oven to 180°C or 350°F
2. Make the tomato sauce in a pan by sautéing the onion in a little water until translucent
3. Add in the garlic, celery, courgette / zucchini, lentils and dried oregano. Add enough water to just cover the veg and a pinch of salt, and cook for 15 minutes or until the lentils are cooked. (Add a little water if necessary to prevent it from sticking)
4. Drain, and stir in the tomato puree and parsley
5. Next, make the béchamel sauce by heating the olive oil and stirring in the flour
6. While still on a low to medium heat, stir in the plant milk
7. Increase the heat and stir constantly to prevent lumps from forming
8. When it has thickened, remove from the heat and add the nutmeg. Season to taste
9. Layer a baking dish with half of the lentil and tomato sauce
10. Cover with lasagne sheets, snapping them to fit if necessary
11. Add a layer of the béchamel
12. Repeat, finishing with a layer of béchamel
13. Bake for 45 minutes
14. Serve with a salad, dressed with linseed oil



## DAY 3: 2,110 KCAL



### BREAKFAST MIXED BERRY PORRIDGE



### LUNCH LENTIL AND PASTA SOUP



### DINNER SPINACH FARINATA

#### SNACKS TO ENJOY THROUGHOUT THE DAY

- 2 Ryvita crispbreads or rice cakes
- 70g /  $\frac{3}{4}$  cup nut and dried fruit mix
- 100g / 1  $\frac{1}{4}$  cup celery, carrot and fennel sticks







# BREAKFAST MIXED BERRY PORRIDGE

DAY

3

## INGREDIENTS

85g / 1 cup oats

250 ml / 1 cup unsweetened  
plant milk

½ cup water

55g / ½ cup mixed berries

½ banana

2 tsp ground chia seeds

## 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 and adding more water if you prefer a wetter consistency
3. Remove from the heat and either stir in the seeds and fruit or scatter them on the top





DAY

3

## LUNCH

# LENTIL AND PASTA SOUP

### INGREDIENTS

100g / ½ cup dried red lentils

50g / ½ cup (uncooked weight)  
wholemeal pasta

150g / 1½ cup mixed vegetables  
such as leek, courgette, celery,  
bell peppers and carrots, finely  
sliced or diced

½ potato, peeled and diced

½ tsp dried oregano

800ml vegetable stock

A squirt of tomato puree

2 tsp linseed oil

### METHOD

1. Combine all the ingredients except the linseed oil in a large covered pan
2. Bring to the boil, then reduce the heat and simmer for 15 minutes
3. Remove from the heat, stir in the linseed oil and season to taste





DAY  
**3**

## DINNER

# SPINACH FARINATA

### INGREDIENTS

100g /  $\frac{3}{4}$  cup chickpea flour  
125ml /  $\frac{1}{2}$  cup water  
1 tsp rosemary, chopped  
100g / 2 cups spinach leaves  
 $\frac{1}{2}$  red pepper, finely chopped  
1 tomato, chopped  
 $\frac{1}{2}$  courgette, finely diced  
 $\frac{1}{2}$  onion, finely diced

### METHOD

1. Heat the oven to 175°C or 350°F
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 rosemary, 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



# DAY 4: 2,163 KCAL



## BREAKFAST TOFU SCRAMBLE WITH TOAST



## LUNCH ASPARAGUS RISOTTO



## DINNER PASTA WITH BROCCOLI

### SNACKS TO ENJOY THROUGHOUT THE DAY

- 20g dark chocolate (at least 75% cacao)
- ½ cup pumpkin seeds, either raw or lightly roasted







DAY

4

## BREAKFAST

# TOFU SCRAMBLE WITH TOAST

### INGREDIENTS

1 tsp rapeseed oil

240g / 1 cup tofu, drained, dried  
and crumbled

100g / 2 cups spinach

1 tomato, chopped

1 spring onion

½ yellow pepper, chopped

1 tsp turmeric

2 tbsp chives, chopped

2 tbsp parsley, chopped

2 slices wholemeal toast

### 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, spring onion, pepper and turmeric, and fry for five minutes, stirring regularly
3. Add the herbs and season to taste
4. Serve with the toasted bread





DAY  
**4**

## LUNCH

# ASPARAGUS RISOTTO

### INGREDIENTS

- 1 tsp extra virgin olive oil
- 1 onion, finely chopped
- ½ stick celery, finely chopped
- 1 clove garlic, minced
- 110g / 1 cup asparagus spears, stalks chopped and spears whole
- ½ tsp bouillon powder or ½ a stock cube
- 85g brown rice
- 1 tbsp fresh mint, finely sliced
- 1 tbsp linseed oil

### METHOD

1. Gently sauté the onion and celery in the olive oil until the onion is translucent
2. Stir in the garlic and cook for one more minute, while stirring
3. Add the rice and mix well
4. Add water until the rice and veg are just covered, and a pinch of salt. Cover and bring to the boil, then let simmer. Check that the mixture stays moist by adding more water if it looks like it is drying out, but not so much it gets soupy.
5. When there is five minutes left of cooking time before the rice is cooked (check your pack), add the asparagus and return to the boil, leaving the lid off the pan to allow the remaining water to evaporate
6. After five minutes, remove from the heat, and stir in the mint and linseed oil
7. Season to taste





DAY

4

## DINNER

# PASTA WITH BROCCOLI

### INGREDIENTS

70g /  $\frac{3}{4}$  cup pasta penne –  
wholewheat, spelt or buckwheat

120g / 1  $\frac{1}{2}$  cups cooked  
chickpeas / garbanzo beans

1 small head of broccoli, broken  
into florets

2 tbsp tomato purée or sundried  
tomato paste

3 tbsp nutritional yeast

1 tbsp linseed oil

1 tbsp parsley, chopped

### METHOD

1. Cook the pasta according to the instructions
2. Meanwhile, steam the broccoli
3. When the pasta is cooked, stir in the other ingredients and warm through
4. Season to taste and add the parsley



# DAY 5: 2,226 KCAL



## BREAKFAST BLUEBERRY SMOOTHIE



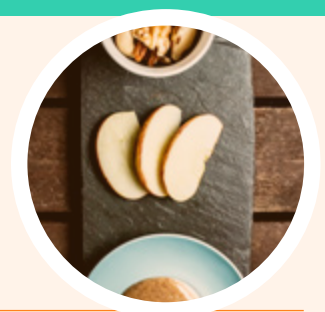
## LUNCH POTATO, PEA AND LEEK SOUP



## DINNER PIZZA WITH SALAD

### SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 sliced apple with 1 tbsp peanut butter
- 50g / ½ cup mixed nuts





# BREAKFAST BLUEBERRY SMOOTHIE

DAY

5

## INGREDIENTS

250 ml / 1 cup coconut water

½ avocado

½ banana

110g / 1 cup blueberries

2 tsp ground chia seeds or  
linseeds

1 tbsp chopped dates

## METHOD

1. Blend until combined

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DAY

5

## LUNCH

# POTATO, PEA AND LEEK SOUP

### INGREDIENTS

1 tsp olive oil

½ leek, cleaned and sliced

1 celery stick, chopped

1 garlic clove, peeled and crushed

1 medium potato, peeled and diced

70g / 1 cup cooked cannellini beans

100g / 1 cup green peas

½ carrot, peeled and diced

1 tsp bouillon powder, ½ stock cube or salt to taste

2 tbsp linseed oil

1 slice wholemeal bread

### METHOD

1. In a pan, fry the leek, celery and garlic in the oil for 5 minutes
2. Add the potato, cannellini beans, peas and carrot, and 700 ml water
3. Cover and bring to the boil, then add in the bouillon or stock cube
4. Simmer for 15 minutes or until the potato is soft
5. Blend and stir in the linseed oil



## DINNER

# PIZZA WITH SALAD

DAY  
**5**

### INGREDIENTS

200g vegetables – such as courgette / zucchini, squash, leek, aubergine / eggplant, cut into small pieces

2 tbsp extra virgin olive oil

1 wholemeal pitta bread

1 tbsp sundried tomato paste

2 tbsp vegan cheese, grated

165g / 1½ cup mixed salad with  
2 tsp extra virgin olive oil

### METHOD

1. Heat the oven to 200°C / 400°F
2. Roast the vegetables in the olive oil for 15-18 minutes
3. In the meantime, spread the tomato paste onto the pitta bread
4. When the vegetables are cooked, add them to the pizza, cover in the cheese and return to the oven for 8-10 minutes



# DAY 6: 2,182 KCAL



## BREAKFAST QUINOA PORRIDGE



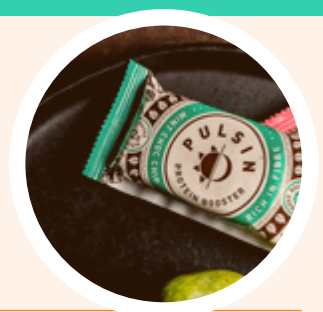
## LUNCH HUMMUS BENTO BOX



## DINNER RED LENTIL, MUSHROOM AND MILLET STEW

### SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 snack bar
- 1 pear and 20g / 1/6 cup walnuts





DAY

6

# BREAKFAST QUINOA PORRIDGE

## INGREDIENTS

75g /  $\frac{2}{5}$  cup dry quinoa

250ml / 1 cup water

250ml / 1 cup unsweetened  
plantbased milk

55g /  $\frac{1}{2}$  cup berries

1 banana

2 tbsp ground linseeds

## METHOD

1. Rinse the quinoa in running cold water
2. Put it in the pan with 1 cup water, cover, and bring to the boil. Reduce the heat and simmer for 10 minutes
3. Add the plant milk and cook for another five minutes
4. Serve with the banana, berries and ground linseeds





## LUNCH

# HUMMUS BENTO BOX

DAY

6

### INGREDIENTS

1 wholegrain pita  
120g / ½ cup hummus  
240g / 2 cups celery, pepper  
carrot and fennel sticks  
1 tbsp olives

### METHOD

1. Eat!



DAY

6

## DINNER

# RED LENTIL, MUSHROOM AND MILLET STEW

### INGREDIENTS

1 tsp extra virgin olive oil  
½ onion, peeled and sliced  
1 clove garlic, peeled and crushed  
75g / 1 cup mushrooms, chopped  
80g / ⅔ cup dry red lentils  
40g / ¼ cup millet  
75g / ½ cup sweet potato, peeled and diced  
300ml water  
3 tbsp tomato paste  
1 tbsp parsley, chopped  
110g mixed salad, dressed with  
2 tsp linseed oil

### METHOD

1. In a pan, fry the onion gently for 10 minutes until translucent
2. Add the garlic and mushrooms and cook for another three minutes, stirring
3. Add the lentils, millet, sweet potato and tomato paste, and 350ml water
4. Cover and bring to the boil, then reduce the heat and let simmer for 15 minutes.



# DAY 7: 2,180 KCAL



## BREAKFAST

### SCRAMBLED SPICED TOFU ON WHOLEMEAL TOAST



## LUNCH

### BURGERS IN BUN



## DINNER

### BEAN TACOS WITH GUACAMOLE AND SALAD

## SNACKS TO ENJOY THROUGHOUT THE DAY

- 55g / ½ cup mixed berries
- 50g / ½ cup toasted monkey nuts (weight is for shelled nuts)
- ½ banana







DAY

7

## BREAKFAST

# SCRAMBLED SPICED TOFU ON WHOLEMEAL TOAST

### INGREDIENTS

1 tsp rapeseed oil for cooking

240g / 1 cup firm tofu

100g / 1 cup rocket, watercress,  
spinach, spring onion and 1 sliced  
tomato

1 tsp turmeric

1 tsp cumin

½ tsp smoked paprika

2 slices wholemeal bread, toasted

1 orange or 2 tangerines

### METHOD

1. Heat the oil in a non-stick pan, and add the tofu. Stir to cover it in the oil
  2. Add the vegetables and spices, and fry for five minutes, stirring regularly
  3. Season to taste, and serve with the toasted bread
3. Eat the fruit while you wait!





## LUNCH

# BURGERS IN BUN

DAY

7

### INGREDIENTS

2 bean burgers (115g each)

2 wholemeal buns

Ketchup

150g / 1 cup mixed salad, dressed  
with 1 tsp linseed oil

### METHOD

1. Cook the burgers according to the packet's instructions
2. Load into the bun



DAY

7

## DINNER: INGREDIENTS

# BEAN TACOS WITH GUACAMOLE AND SALAD

### FOR THE TACOS

½ small onion, peeled and chopped  
1 tsp olive oil  
1 clove garlic, peeled and crushed  
1 fresh green chilli, finely sliced (seeds removed if preferred)  
½ stick celery, finely sliced  
½ red pepper  
105g / 1½ cup cooked black beans  
¼ tsp chilli (ground)  
¼ tsp cumin (ground)  
1 tbsp fresh coriander / cilantro, chopped  
1 tbsp fresh mint, finely chopped  
Juice of half a lime  
4 taco shells

### FOR THE GUACAMOLE

½ avocado, crushed  
Squeeze of lime juice  
1 tbsp fresh coriander / cilantro, chopped  
1 tsp cayenne pepper  
10g / 1 cup mixed green leaves, dressed with 1 tsp linseed oil





DAY

7

## DINNER: METHOD

# BEAN TACOS WITH GUACAMOLE AND SALAD

1. In a pan, fry the onion in the oil until translucent
2. Add the garlic, chilli, celery and red pepper, and cook for another three minutes, stirring
3. Add the black beans and the ground chilli and cumin, and cook stirring for three minutes
4. Stir in the fresh herbs, the lime juice and season to taste
5. Mix all the guacamole ingredients together
6. Load the salad, bean mixture and guacamole into the taco shells