

12-WEEK

VEGETARIAN MEAL PLAN

Week 1

For display purposes we've shown the 'off plan' days as Saturday and Sunday, but please feel free to take them on any 2 days this week.

Meal	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Breakfast	Chocolate Porridge	Soya Yoghurt, Protein and Oats	Rye Bread, Smash Avocado and Fried Egg	Soya Yoghurt, Protein and Oats	Chocolate Porridge	Off Plan Day	Off Plan Day
Snack	Beat The Bloat Smoothie	Beat The Bloat Smoothie	Beat The Bloat Smoothie	Beat The Bloat Smoothie	Beat The Bloat Smoothie	Off Plan Day	Off Plan Day
Lunch	Tofu and Avocado Salad	Left Over Tofu	Left Over Stir fried Vegetable	Left Over Lentils	Left Over Tofu	Off Plan Day	Off Plan Day
Snack	Mixed Raw Nuts	Apple and Almond butter	Mixed Raw Nuts	Apple and Almond butter	Mixed Raw Nuts	Off Plan Day	Off Plan Day
Dinner	Japanese Tofu Steak	Vegetable stir fry	Braised Lentils and Vegetables	Vegan lunch bowl with baked sriracha tofu	Tofu and Avocado Salad	Off Plan Day	Off Plan Day

Drinks (optional but highly recommended):

Before breakfast every day - Water and lemon and a matcha shot

After lunch every day - Matcha shot

(You can buy my Matcha here: <http://shop.theultimateshred.com>)

Drinks (mandatory):

Consume at least 3 litres of water per day

WEEK 1

RECIPES

Drinks

Hot water and lemon

Servings 1

Ingredients:

½ lemon

400ml hot water

Method:

Squeeze the half of a lemon into the hot water and drink.

Matcha Shot

Servings 1

Ingredients:

½ heaped tsp Leigh Linton Matcha Powder (can buy my Matcha here: <http://shop.theultimateshred.com>)

250ml cold water

Method:

Put the matcha powder into a water bottle, mix in the water. Pop the lid on and shake until all mixed in and drink straight away.

WEEK 1

RECIPES

Breakfasts

Chocolate Porridge

Servings: 1

Ingredients:

30g Oats (gluten free oats if gluten intolerant)

250ml Water and/or almond milk

2 tsp raw cacao powder

1-2 tsp raw maca powder

(You can buy my Maca and Cacao here: <http://shop.theultimateshred.com>)

2 tsp honey

1 handful berries (eg blueberries, blackberries or raspberries)

Method:

Bring the water (or water and almond milk) to the boil, preferably in a non-stick pan.

Slowly pour the oats into the boiling liquid, stirring constantly.

Keep stirring until it has returned to the boil again, reduce the heat, cover the pan and simmer very gently for 15 minutes, stirring frequently.

Add more liquid until you get the texture you require.

Add the cacao powder and maca powder in and stir until mixed in.

Then drizzle the honey over the porridge, mix it in and finally add your berries.

Serve and enjoy!

WEEK 1

RECIPES

Breakfasts

Rye bread with smashed avocado and fried eggs

Servings: 1

Ingredients:

2 eggs

2 slices rye bread (sourdough or wholemeal if you can't find)

1 avocado smashed

Drizzle olive oil

Pinch of Himalayan pink salt

Pinch of black pepper

Method:

Heat a large, non-stick frying pan over high heat. Add oil to pan and swirl to coat.

Crack eggs into pan; cook two minutes. Cover and cook for 2 minutes or until desired degree of doneness.

Toast the rye bread and then spread the smashed avocado evenly over each slice.

Add a fried egg on each slice of toast and then season with the salt and pepper.

WEEK 1

RECIPES

Breakfasts

Soya yoghurt, protein and oats

Servings: 1

Ingredients:

250g Alpro soya yoghurt

20g oats

1 small scoop raw, vegan, vanilla protein powder (Sun Warrior classic blend)

2 tsp raw maca powder (can buy at <http://shop.theultimateshred.com>)

Handful of berries (eg. blueberries, raspberries or blackberries)

Method:

Mix the yoghurt with the protein and maca powder. Then add in the oats and berries.

Serve and enjoy!

WEEK 1

RECIPES

Snacks

Beat the bloat smoothie

Servings 1

Ingredients:

½ heaped teaspoon Matcha

½ lemon

1 handful spinach

¼ cucumber

½ apple

½ handful parsley

2 asparagus spears

2 celery sticks

300ml water

Method:

Pop all of the ingredients into a blender and blitz for a couple of minutes or until it is completely smooth.

WEEK 1

RECIPES

Snacks

Almonds

Servings: 1

Ingredients:

1 small handful of raw almonds

Apple and almond butter

Servings: 1

Ingredients:

1 apple

1 tbsp natural almond butter

WEEK 1

RECIPES

Lunches

Tofu and avocado salad

Servings: 1

Ingredients:

150 grams of firm tofu

1/2 avocado sliced

1/4 red onion thinly sliced

Mixed salad leaves (as many as you like)

75g cherry tomatoes halved

1/4 cucumber thinly sliced

Drizzle olive oil

Drizzle red wine vinegar

Method:

Mix all of the ingredients together and drizzle with the olive oil and red wine vinegar.

WEEK 1

RECIPES

Dinners

Japanese Tofu Steak

Servings: 2 (1 leftover for lunch)

Ingredients:

300 g firm tofu

2 Handfuls of bok choy or any of your favourite veggies

2 cup cooked brown rice

2 tbsp soy sauce

2 tsp mirin add more mirin, or add a drop of honey if you want a sweeter sauce

Method:

Wrap the tofu in a paper towel and place it on a plate with another plate on top of the tofu to drain the excess water. Leave for about 10 minutes.

In the meantime, wash the bok choy and cook it in boiling water for about 2-3 minutes.

Drain the bok choy and serve it on a plate with the brown rice.

Heat some oil in a pan on high heat and cook the tofu until browned on both sides.

Pour the sauce over the tofu in the pan until the sauce has reduced/evaporated a little.

Serve the tofu on top of the rice and bok choy and drizzle the extra sauce on top.

WEEK 1

RECIPES

Dinners

Vegetable Stir Fry

Servings: 2 (1 for leftovers)

Ingredients:

- 1 red pepper chopped
- 1 yellow pepper chopped
- 1 onion chopped
- 400g chopped mushrooms
- 400g broccoli
- 300g sugar snaps
- 1 handful of cashew nuts
- 40g cooked basmati or brown rice
- 2 tbsp coconut oil
- Pinch of Himalayan pink salt
- Pinch of black pepper

Method:

Boil water in a pan and once boiled cook the rice for the time recommended on the packet. Once the rice is cooked, drain and leave to one side.

Heat a wok on a high heat and add a quarter of the coconut oil. Add the onion, broccoli and peppers. Cook for 1 minute. Then add the mushrooms, sugar snaps, rice and cashew nuts and cook for another 1-2 minutes.

Add the remaining coconut oil in and mix it around until all the veg is covered. Season with the salt and pepper.

Serve half to eat straight away and put the other half aside for the next day's lunch.

WEEK 1

RECIPES

Dinners

Braised Lentils and Vegetables

Servings: 2 (1 for leftovers)

Ingredients:

2 tbsp oil (olive, avocado, or ghee)

2 large onion, diced

6 cloves garlic, minced

4 celery stalks, thinly sliced

16 ounces baby carrots

2 fennel bulb, cut into 16 wedges

3 cups French green lentils du Puy (or brown lentils), rinsed well and drained

1 cup water

6 to 7 cups stock

8 sprigs fresh thyme

2 sprigs fresh rosemary

Himalayan pink salt and pepper, to taste

fresh parsley leaves, for garnish

Method:

Heat a deep 4 quart saucepan over medium-high heat. Add the oil and let heat for about 20-30 seconds. Add the diced onion. Lower the heat a bit and let cook, stirring often, until onion starts to soften and turn golden. Add the garlic and celery and continue cooking for about five more minutes, stirring occasionally.

Add the carrots, fennel, and lentils to the pan. Let cook for a few minutes, stirring, until wine is completely absorbed.

Add 3 cups of stock, thyme, and rosemary. Cover with a tight-fitting lid and lower heat to low. The liquid should barely simmer.

Let cook for 40-45 minutes. Check lentils for doneness. They should not be mushy or too firm. Add the extra 1 cup stock, if needed. The liquid should be mostly absorbed and not be the least bit soupy. Season with salt and pepper. Serve topped with fresh parsley. Can be eaten as-is.

WEEK 1

RECIPES

Dinners

Vegan lunch bowl with baked sriracha tofu

Servings: 2 (1 for left overs)

Ingredients:

Baked tofu ingredients

1 block extra-firm tofu

1/2 tsp olive oil

2 tbsp light soy sauce

1 1/2 tbsp sriracha

Lunch bowl ingredients

1/4 recipe Baked Sriracha & Soy Sauce Tofu

1/2 recipe Basic Quinoa

sautéed courgette

sautéed carrot

grape tomatoes

sliced avocado

roasted garlic hummus

Method:

Baked tofu Instructions

Preheat oven to 425F.

Slice your tofu into your desired shape. I usually go with quarter-sized squares - I'd recommend sticking close to that size and ensure that you slice it no thicker than ½ inch.

Add the tofu to your mixing bowl and add the olive oil, sriracha, and soy sauce. Gently mix to combine.

Spread evenly on a cookie sheet and bake for 10 minutes.

After 10 minutes, remove your baking sheet from the oven and flip each piece of tofu. Drizzle the remaining marinade over the tofu and bake for another 10-12 minutes.

Once the tofu is crispy on the outside, remove from the oven.

Serve half and place the other half aside for lunch the next day.

WEEK 1

RECIPES

Lunch bowl Instructions

In a small pot, bring quinoa, water, onion, garlic, salt, and pepper to a boil over high heat.

Turn heat down to medium, once the water has reached a simmer, cover with a tight fitting lid and cook for 15 minutes.

Remove from heat, and let sit for 3 minutes. Uncover and fluff with a fork.

Preheat 1 tsp of coconut oil over med-high heat in a saucepan and sauté the courgette and carrot for 3-5 minutes or until tender and slightly translucent.

Tofu avocado salad

(See lunch recipes)