



# PLANT BASED MEAL PLAN



@drmurahealthy



# Essencial Food

To follow this plan, you will need to have the following ingredients in your cupboard

- Coconut aminos - used as a substitute for soy sauce, does not contain preservatives and can be purchased online or in most health stores
- Nutritional yeast - adds umami, cheese flavour
- Miso paste
- Chia seeds
- Flax seeds
- Quinoa
- Brown rice
- Cashew nuts
- Seeds and other nuts

The recipes in this meal plan are made without additional oil. In order to sauté vegetables, use 1 tbsp of water instead of oil, add more if needed



# Essencial Recipes

***Date caramel*** - used as a substitute for sugar in recipes throughout this meal plan

## Ingredients

- 10 ounces Medjool dates, pitted (about 18-20 dates)
- 4-5 tablespoons hot water

To a food processor add dates and blend, slowly adding water. Blend until the desired consistency has been achieved can be up to 5 mins.

***Boiling quinoa*** - its handy to keep a Tupperware of cooked quinoa in a fridge as it is used in many recipes

## Ingredients

- 1 cup quinoa, rinsed
- 1 3/4 cups water

Combine the quinoa and water in a medium pot. Bring to a boil, cover, reduce the heat, and simmer for 15 minutes. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

## ***Brown Rice***

### Ingredients

- 1 cup uncooked brown rice, well rinsed
- 2 cups water

Combine the rinsed rice, water, and olive oil in a pot and bring to a boil. Cover, reduce the heat to low, and simmer for 45 minutes.

Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.



# Essencial Recipes

## *Sweet potato, pumpkin or butternut squash puree*

### Ingredients

- 1 sweet potato peeled and cubed

Add a steamer basket to a pot filled with 2 inches of water. Add in the sweet potato, cover and bring the pot up to a simmer. Once the steam is visible, cook for 10-15 minutes until the potatoes are easily pierced with a fork.

Bring a large pot of water to a boil. Add in cubed and peeled sweet potato and boil until tender, about 15-25 minutes.

Prick unpeeled sweet potatoes with a fork 4-5 times. Wrap in foil and bake at 400 degrees for 60-90 minutes until very soft. Set aside to cool before peeling. The potatoes should peel easily by hand. Puree until smooth.



# Essencial dressings

## Mustard Dressing

1/3 cup water

2 tablespoons dijon mustard

1 tablespoon stone ground mustard

**Combine in a jar mix well**

2 tablespoons tahini

2 tablespoons lemon juice

2 tablespoons champagne or apple cider vinegar

## Lemon Tahini Dressing

2 Tbsp. tahini

2 Tbsp. fresh lemon juice

1 garlic clove, minced

¼ tsp. ground cumin

¼ tsp. freshly ground black pepper

**combine all ingredients in a small bowl and stirring to combine. Gradually stream in 1 to 2 Tbsp. of warm water, whisking constantly, until dressing is smooth and creamy**



# Essencial dressings

## Peanut Dressing

¾ cup peanut butter

3 tbsp coconut aminos

1-2 tbsp date caramel

1-2 tbsp rice vinegar

½ cup warm water to thin or more as needed

½ tsp ground ginger

2 small cloves garlic finely minced

1 tbsp lime juice

1/4-1/2 tsp red pepper flakes

**Finely mince the garlic and add to a large mixing bowl.**

**Add all ingredients aside from the water and whisk together until smooth.**

**Slowly pour in the water until your desired consistency is reached. Start with 1/2 cup and add more as needed. I usually add more for a dressing and a bit less for a sauce.**

## Peanut Dressing

1 heaped tbsp peanut butter

3 tbsp coconut milk (from a tin)

1 tsp date caramel

1 tsp red thai curry paste

1/2 lime

**Make the peanut sauce by whisking all the ingredients together in a bowl. Thin with a little water if needed. Set aside for later.**



# Essencial dressings

## Broccoli Pesto

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1 cup broccoli florets

1 cup packed basil leaves

1/2 cup packed flat leaf parsley

2 cloves garlic

1/4 cup pine nuts, toasted\*

1/4 cup grated parmesan cheese

juice of 1/2 a lemon

1/4 teaspoon pepper

pinch of crushed red pepper flakes

1/2 cup water

**Add broccoli florets to your food processor and pulse until very finely chopped. Add the basil, parsley, garlic, pine nuts, parmesan, lemon juice, salt, and pepper and pulse several more times. Add water and blend until smooth.**

## Cashew Sauce

1/3 cup cashew

1/2 lemon juice of

1 garlic clove  
minced

1/3 cup water

**Cashew sauce - boil water, cover the cashews with hot water for 5-10 mins. Remove from water and add to a blender with the remaining ingredients and blend until smooth**



# BREAKFAST



# Berry White Bean Smoothie

SERVINGS - 2

## Ingredients

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- 1 cup fresh strawberries
- 1 cup blueberries
- 1 frozen banana
- ½ cup white beans, cooked and drained
- ½ cup soy milk (any other plant based milk or water)
- 1 tsp vanilla extract
- 1 scoop vegan protein powder (optional)



**Note:** The leftovers can be frozen as ice cubes and blended with plant based milk for a quick smoothie

## Directions

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1. Add all ingredients into a blender and blend until the desired consistency
2. Adjust milk, berries or banana to taste.
3. Enjoy!

# Orange Carrot Smoothie

SERVINGS - 2

## Ingredients

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- 1 cup chopped carrot
- 2 cups chopped pineapple
- ½ cup orange juice
- 1 banana
- 1 cup of ice
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## Directions

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1. Add the ingredients to a blender and blend until smooth
2. Adjust juice, ice or banana to taste
3. Enjoy



# 5 Minute Breakfast Quinoa

SERVINGS - 2

## Ingredients

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- 2 cup cooked quinoa
- 1 cup unsweetened almond milk (or any plant based milk)
- 1 tbsp date caramel
- 1 tsp cinnamon
- A splash of vanilla

### Topping

- 1 sliced banana
- ½ cup blueberries
- 2 tbsp almond butter (or other nut or seed butter)
- 2 tbsp nuts or seeds

## Directions

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- 1.To a pan add all ingredients. Add stir over medium heat until heated
- 2.Add to bowls and top with toppings



# Smoothie bowl

SERVINGS - 4

## Ingredients

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- 2 bananas (fresh or frozen)
- 2 cups blueberries (fresh or frozen)
- 1 tsp date caramel
- ¼ cup plant based yogurt
- 2 tbsp nut butter (whichever kind you prefer)
- 2 tsp chia seeds

## Directions

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1. Place the smoothie ingredients into a blender.
2. Blend until smooth and creamy.
3. Pour into a serving bowl.
4. Add your toppings and enjoy!



# Sweet potato breakfast bowl

SERVINGS - 2

## Ingredients

- 2 medium sweet potatoes
- 2/3 cup non-dairy milk
- 2 tbsp ground flax
- 1 tbsp nut or seed butter of choice
- 2 tsp vanilla extract
- 1 tsp cinnamon

### Toppings

- 1 tbsp plant based yogurt
- 2 tbsp pomegranate seeds
- 1 tbsp pumpkin seeds or other seeds



Note: Leftovers can be stored for 4-5 days

## Directions

1. Preheat your oven to 200C/400F.
2. Wash the potatoes, pierce a few times with a fork (For large potatoes cut them lengthwise and place on a baking tray cut side down)
3. To a parchment lined baking tray add potatoes. Bake for 45-60 mins until a "caramel" starts to ooze out of the pierced holes.
4. Remove the sweet potatoes from the oven, and carefully scoop out their flesh into a large bowl. Add the milk, flax, nut butter, vanilla and cinnamon. Use a hand mixer to "cream" the mixture together on for 60 to 90 seconds, starting with the lowest setting. Alternatively, you can place all ingredients into a food processor and blend until thick and smooth, 2 to 3 minutes.
5. Divide into serving bowls, top as desired, and serve warm.

# Avocado Toast

SERVINGS - 2

## Ingredients

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- 1 Ripe Avocado
- 1/4 cup Chopped Cilantro
- 1/4 cup Chopped Scallions
- 1 clove Garlic minced
- 1/4 tsp Freshly Ground Black Pepper
- 1 tbsp Fresh Lime Juice
- 2 slice Thick multigrain bread

### Garnishing

- 1 clove Garlic thinly sliced
- 1 Red pepper
- 1/2 cup Cherry Tomato Halves
- 1/4 cup Microgreens
- 2 tbsp nuts or seeds

## Directions

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1. In a bowl, smash an avocado, add lime juice, minced garlic, cilantro and scallions, mix well
2. To a pan add 1 tbsp of water and garlic. Sauté until garlic is golden
3. Add pepper, sauté for 1-2 mins
4. Toast the bread, spread the avocado mixture, top with with sautéed pepper, add the remaining toppings



# Tofu scramble with kale

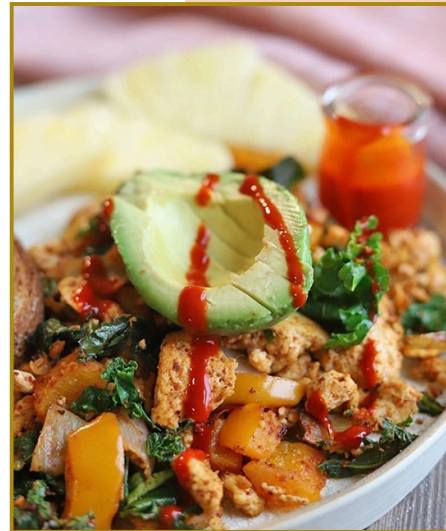
SERVINGS - 4

## Ingredients

- 1 vacuum-packed super firm tofu
- ½ onion chopped medium
- ½ bell pepper red, orange, or yellow, chopped medium
- 1 clove garlic minced
- 2 to 3 leaves kale removed from ribs, chopped (About 2 cups loosely packed)
- 2 tbsp water
- 1 tsp cumin
- 1 tsp ancho chili powder
- ½ tsp granulated onion
- ½ tsp paprika
- 2 tbsp nutritional yeast flakes
- 1 avocado
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## Directions

1. To a hot pan crumble the tofu block into the pan. Scatter evenly and don't move it for about 4 mins, flip the tofu and cook for another 3 mins
2. Move tofu to the side in a pan. Add a 1 tbsp of water, onions, bell pepper, and garlic onto the empty spot. Saute for a couple minutes. Then incorporate it with the tofu, and saute for a minute or two more, until the onions are fragrant and softened.
3. Add kale, water, cumin, ancho chili powder, granulated onion, paprika, and mix well
4. Cook for a few minutes.
5. Sprinkle nutritional yeast and serve with avocado



# Breakfast burrito

SERVINGS - 2

## Ingredients

- 1 medium to large sweet potato,
- 1 package organic firm or extra-firm tofu
- 1 tbsp lemon juice
- 1 tsp turmeric
- 1 tsp garlic powder
- 1 tbsp coconut aminos
- 1 tbsp nutritional yeast (optional)
- 1/4 cup water, plus more if it starts to dry out
- 1 bunch of kale, de-stemmed and finely chopped
- Tortillas, gluten-free if needed
- Salsa
- Avocado



## Directions

1. Pre-heat the oven to 220C/425F
2. To a tray lined with parchment paper, add diced sweet potato and drizzle it with lemon juice
3. Crumble the tofu into a pan then add the rest of the ingredients and cook until the water is gone.
4. Tear or chop the kale leaves away from the stems, finely chop then add to a pan and saute. Don't overcook. You just want it slightly softened and a nice, dark green colour.
5. Add some roasted sweet potato, tofu scramble, kale and avocado to a tortilla and if desired salsa and/or vegan sour cream. Fold in two sides then roll it up to create a burrito. Either serve immediately or wrap in foil and store in the fridge to be reheated later





# LUNCH

# Black Bean Balls

SERVINGS - 4

## Ingredients

- 1/2 cup quinoa
- 1 can black beans
- 1/2 cup sesame seeds
- 1/4 cup oat flour or breadcrumbs
- 2 tbsp tomato paste
- 1/2 tbsp sriracha
- 2 tbsp nutritional yeast (optional)
- 1 tsp garlic powder
- 1 1/2 tbsp chopped fresh herbs

### Sun dried tomato sauce

- 1/2 cup halved cherry tomatoes
- 1/2 cup sun dried tomatoes
- 1 tbsp apple cider vinegar
- 1 clove of garlic
- 2 tbsp toasted pine nuts (optional)
- 2 tbsp nutritional yeast
- Handful of fresh basil
- 1 tsp oregano

## Directions

1. Preheat the oven to 200C/400F.
2. To a pot add quinoa and 1 cup of water. Cook for 15 mins, drain any excess water and let cool
3. To a bowl add black beans and mash them coarsely.
4. Add the remaining ingredients to the bowl and mix until combined
5. Roll the mixture into bowl, place on an oven tray lined with parchment paper
6. Bake for 35-40 minutes.

### Sauce

1. Place all ingredients in a food processor and blend until smooth
2. Serve with wholewheat pasta, brown rice or veggie noodles



# Crunchy Salad

SERVINGS - 4

## Ingredients

- 4 cups quinoa cooked
- 1 tsp garlic powder
- 1 large red bell pepper, cored and diced
- 1 cucumber, diced
- 1 cup carrots, diced
- 1/4 red cabbage, shredded
- 2 - 3 scallions, thinly sliced
- 1/2 cup cilantro, chopped
- handful of peanuts or cashews, (optional)
- 4 tbsp nut butter (peanut, almond, cashew, or sunbutter)
- 1 tbsp pure date caramel
- 1 tsp coconut aminos
- 1 inch knob of ginger, minced or grated
- 1 - 2 limes, divided



## Directions

1. In a bowl whisk together the nut butter, date caramel, coconut aminos, ginger, lime juice. Add 1 tbsp of water to give the desired consistency
2. In a bowl, add the cooked quinoa and the remaining ingredients, drizzle with dressing and mix

# Sweet potato salad

SERVINGS - 6

## Ingredients

- 2 sweet potatoes, cut into match sticks
- 1 can chickpeas, drained and patted dry
- 3 tbsp water
- 2 tbsp sesame seeds
- 1-2 tsp chipotle chili powder
- 2 tsp smoked paprika
- 1 tsp onion powder
- 1 tsp cumin
- Black pepper to taste
- 5-6 cups shredded kale
- 1 cup mixed herbs: basil, dill, parsley
- 2 Persian cucumbers, chopped
- 1 avocado, sliced
- 3/4 cup crumbled vegan cheese



## Directions

1. Preheat oven to 220C/425F.
2. On a baking sheet, combine the sweet potatoes, chickpeas, water, sesame seeds, chili powder, paprika, onion powder, cumin and pepper. Toss well to coat. Bake 20 minutes, toss everything, then bake another 20 minutes, until the chickpeas are crisp and the sweet potatoes tender.
3. Meanwhile, in a salad bowl, combine the kale, herbs, and cucumbers. Honey mustard dressing is recommended

# Spring Roll Bowl

SERVINGS - 4

## Ingredients

- 3 cloves garlic
- 1 inch ginger
- 2 tbsp rice vinegar
- 2 tbsp date caramel
- 4 tbsp coconut aminos
- 1/3 cup lime juice
- 1/3 cup water
- For the Bowls:
- Rice Noodles
- Basil, Mint, and Cilantro
- Serrano Peppers
- Chopped Peanuts
- Avocado
- Veggies -> like carrots, bell peppers, and cucumbers



## Directions

1. To make the sauce, pulse the sauce ingredients together in a blender or food processor.
2. Cook the rice noodles according to the packaging instructions
3. Mince the herbs, slice the serranos, and peel or julienne cut the vegetables.
4. Toss the noodles hot or cold with the sweet garlic lime sauce and all the other ingredients.

# Cauliflower and chickpea salad

SERVINGS - 4

## Ingredients

- 1 medium head of cauliflower, cut into florets
- 2 tbsp water
- 3 tbsp mild harissa paste
- 1 can chickpeas, rinsed and drained
- 1 medium shallot, sliced into thick rounds
- ¼ tsp. freshly ground black pepper
- ⅓ cup fresh torn herbs (I like a mix of mint and dill)



## Directions

1. Preheat oven to 220C/425F
2. Spread cauliflower on a large baking sheet. Mix water with harissa paste and drizzle over the cauliflower.
3. To the same tray add chickpeas and shallots, season with pepper. Bake for 20 minutes
4. Divide between bowls, top with herbs

# Thai Sweet Potato Soup

SERVINGS - 5

## Ingredients

### Thai Sweet Potato Carrot Soup

- 1 tbsp water
- 1 cup diced onion
- 1 tsp grated garlic
- 2 tsp grated fresh ginger
- 2 tsp red curry paste
- 2 tsp sriracha (see note), use 1 if you don't want it as spicy
- 4 cups peeled and diced sweet potatoes
- 2 cups peeled and diced carrots
- Black pepper to taste
- 3 cups low sodium vegetable broth
- 1 cup light coconut milk
- Lime wedges, chopped cilantro and unsweetened shredded coconut for toppings

### Curry Roasted Cashews

- 1/3 cup raw cashews
- 1/2 teaspoon water
- 1/4 teaspoon curry powder
- 1/4 teaspoon red curry paste
- Black pepper to taste

## Directions

### Curry Roasted Cashews:

1. Preheat oven to 160C/325F and line a tray with parchment paper
2. In a small bowl stir together water, curry powder and red curry paste until combined.
3. Add in the cashew and toss until coated. Season with pepper.
4. Dump them onto the prepared sheet pan and roast for 8-12 minutes or until they are golden brown. Keep an eye on them as nuts tend to burn quickly.

### Thai Sweet Potato Carrot Soup:

1. Heat the water in a large pot over medium-high heat. Add in the onion and sauté 3-4 minutes. Add in the garlic, ginger, red curry paste and sriracha (or chile paste) and sauté another 1-2 minutes.
2. Add in the sweet potatoes and carrots and season with salt and pepper. Stir everything together then pour in the vegetable broth.
3. Bring the mixture to a boil then reduce the heat to low and let it simmer for 20-25 minutes or until the vegetables are fork-tender.
4. Turn off the heat and use an immersion stick blender\* to purée the soup. Stir in the coconut milk and taste for seasoning.
5. Serve the soup topped with the chopped curry roasted cashews, cilantro, shredded coconut and lime wedges.



# Kale Salad with Pesto

SERVINGS - 2

## Ingredients

- 500g Fingerling Potatoes cut into rounds
- 3-4 Large Purple Carrots cut into rounds
- 1 Can Chickpeas drained and rinsed
- 1 tsp Pepper
- 1 tsp Dried Parsley
- 1 tsp Dried Basil
- 1/2 tsp Garlic Powder
- Few Sprinkles of Dried Thyme

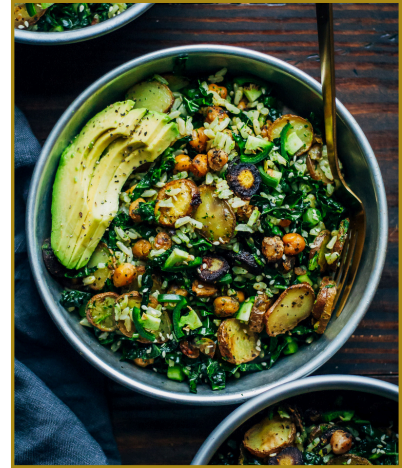
### The Rest of the Salad

- A Few Handfuls Lacinato Kale Sliced Thin
- 1 Cup Cooked Brown Rice
- Sliced Jalapeño if desired
- Sesame Seeds if desired

Broccoli Pesto page

## Directions

1. Preheat oven to 220C/425F.
2. Prep vegetables - wash and dry carrots and potatoes. Cut both into rounds (disks), about 1/4 inch thick.
3. In a bowl, combine chopped potatoes, carrots, and chickpeas. Add in 1 tbsp of water and spices, and mix well until everything is evenly coated.
4. On a baking sheet lined with parchment paper, bake vegetables and chickpeas for 45-50 minutes. When they're done cooking, remove from oven and let cool.
5. In a bowl, mix thinly sliced lacinato kale and pesto until kale is evenly covered. Then, add in roasted vegetables + chickpeas and brown rice. Mix well until everything is evenly combined.
6. Serve in bowls and top with sesame seeds.





# Thai Noodle Salad

SERVINGS - 6

## Ingredients

- 1 pack of dry noodles (rice, soba, etc.)
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cups shredded purple cabbage
- 2 cups shredded/grated carrot
- 4 scallions sliced
- 1 cup edamame defrosted
- 1 cup of peanut sauce pg
- 1/2 cup chopped cilantro for garnish
- Optional: 1/2 cup crushed peanuts chopped



## Directions

1. Bring a large pot of salted water to a boil.
2. Cook noodles according to package instructions.
3. Wash your veggies and slice them into long, thin, strips. For the carrot you can use a grater,
4. When the noodles are done cooking, rinse them with cold water and add them to a large serving bowl.
5. Add in the veggies and stir together.
6. Pour half the sauce over the noodles and mix together. Keep adding sauce until it reaches your desired sauciness.
7. Top with fresh cilantro, scallions, peanuts, and sesame seeds.



# SNACK

# Chocolate energy Balls

SERVING - 18 BALLS

## Ingredients

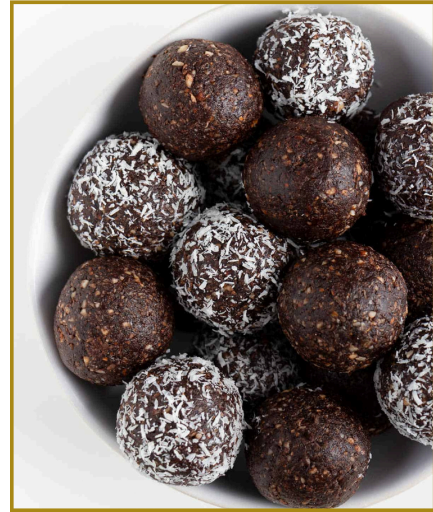
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- 1 cup shredded coconut
- 1 cup raw almonds
- 20 large medjool dates, pitted
- 1/3 cup cacao or cocoa powder
- 1/2 tsp vanilla extract
- 1/2 cup shredded coconut, to decorate

## Directions

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1. Add all ingredients to a food processor. Blend until a sticky dough is formed
2. Roll into 18 balls, roll in shredded coconut



# Spinach Dip

SERVING - 2

## Ingredients

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- 1 bunch fresh spinach
- 1 tsp mustard
- 1 garlic clove, minced
- 2 cups cooked white beans such as great northern or cannellini
- 1/4 cup nutritional yeast
- 2 tbsp vegan mayo
- 1 tbsp lemon juice
- Crackers, toasted bread, veggies, etc. for dipping

## Directions

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1. Thoroughly wash spinach and chop
2. In a pan add 1 tbsp of water and spinach. Sauté spinach until wilted. Add mustard and mix well
3. Add the remaining ingredients to a food processor and blend
4. Add spinach and blend to combine
5. Serve with crackers, bread and veggie



# Carrot Cake Balls

SERVING -16 BALLS

## Ingredients

- 1 cup chopped carrots (about 1 large)
- 1/2 cup pecans
- 1/2 cup coconut flakes
- 1 cup oats (rolled or quick)
- 1/2 cup medjool dates (about 5)
- 1/4 cup cashew butter (or nut butter of choice)
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/3 cup shredded coconut (for rolling)



## Directions

- 1.To a food processor add carrots and blend until finely chopped
- 2.To a food processor add pecans and coconut. Blend to achieve a sandy texture
- 3.Add oats and dates and blend
- 4.Add the remaining ingredients and blend until the mixture comes together
- 5.Shape into balls
- 6.Cover in shredded coconut

# Cashew Coconut Balls

SERVING - 4

## Ingredients

- 1 cup packed, soft pitted dates
- 1 cup raw cashews
- 3/4 cup unsweetened fine coconut



## Directions

1. Add all of the ingredients to a food processor and process into a thick, sticky dough you can press between your fingers.
2. Use your hands to roll the dough into 15 balls.
3. Store in a sealed container in the fridge for up to 2 weeks or freezer for up to 3 months.

# Roasted Red Pepper Hummus

SERVING - 6

## Ingredients

- 1 (can chickpeas drain but reserve liquid
- ½ cup roasted red peppers roughly chopped
- ¼ cup aquafaba aka reserved chickpea liquid
- 1 tbsp lemon juice
- 1 tbsp tahini
- 1 clove garlic
- ⅛ tsp cumin

## Directions

1. Add all ingredients into a blender or food processor and blend until smooth and creamy. Serve with pita chips and your favorite veggies!
2. Store in the fridge for up to 5 days.



# Cantaloupe Ice Cream

SERVING - 2

## Ingredients

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- 1/4 cantaloupe melon
- 1 banana



## Directions

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1. Cut the banana and the cantaloupe (remove the skin and seeds) in pieces, put them in a ziploc bag and freeze them overnight.
2. Put the frozen banana and cantaloupe pieces in your food processor or high-speed blender.
3. Pulse or blend until completely smooth. (Don't give up, this may take a while depending on the power of your processor.)
4. Transfer the ice cream in the bowls and enjoy immediately!





# DINNER

# Chickpea Meatballs

SERVINGS - 6

## Ingredients

- 2 cups cooked brown rice
- 1 cup pecans
- 4 cloves garlic, peeled
- 2 can chickpeas, drained and rinsed
- 1/2 cup nutritional yeast
- 2 tbsp tomato paste
- 2 tsp dried basil
- 1/4 cup bread crumbs (can substitute gluten free)

### Roasted Red Pepper Sauce

- 2 roasted red peppers 1 can
- coconut milk 2-3 cloves
- garlic, peeled 1 tsp dried
- basil 1 tsp dried oregano 1/2
- tsp dried thyme pinch of
- crushed red pepper
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## Directions

- 1.To a food processor add rice, pecans and garlic and blend.
- 2.Add chickpeas reserve 1/2 cup, nutritional yeast, tomato paste, basil, s&p.  
Blend
- 3.Add breadcrumbs if the mixture is soft and doesn't hold together
- 4.Add the rest of the chickpeas and blend until coarsely chopped
- 5.Preheat the oven to 190C/375F
- 6.Shape the balls, place on to a parchment lined tray
- 7.Bake for 25-30 mins, flipping halfway through
- 8.To a food processor add all the ingredients for the sauce and blend until smooth
- 9.Heat the sauce and add the balls, cook for 5 minutes
- 10.Can serve with pasta or rice



# Vegan Bibimbap

SERVING - 3

## Ingredients

- 1 block of firm tofu, pressed 4 tsp coconut aminos 1 tsp Gochujang (Korean chilli paste) 1 cup mushrooms (shiitake if you can get them) 2 cups spinach 1 carrot shredded 1/4 cup edamame beans ½ cup brown rice cooked ½ long cucumber, finely sliced 1 spring onion, finely sliced

### DRESSING

- 2 tbsp Gochujang (Korean chilli paste)
- 2 tsp rice wine vinegar
- 1 tbsp coconut aminos
- 1 tbsp water
- 1 tbsp date caramel
- 1 small garlic clove, finely grated



## Directions

1. Cut a pressed block of tofu into equal size cubes.
2. In a medium size bowl mix well coconut aminos and gochujang. Add tofu to the mixture and coat well. Set the tofu aside for at least 30 minutes to marinate turning halfway through.
3. Heat a large non stick pan, add tofu to the pan and fry turning frequently until browned on all side
4. To a pan add mushroom and fry them until they are browned on all sides
5. Remove the mushrooms from the pan, throw in the spinach and a splash of water. Cook on a low heat, stirring from time to time, until the spinach wilts and most of the excess water cooks out.
6. Whisk all of the dressing ingredients together in a medium size bowl.
7. Divide all the veggies and cooked tofu between two bowls. Sprinkle with sesame seeds and top with the Gochujang dressing.

# Ginger Noodles with Mushrooms

SERVING - 6

## Ingredients

- 1/2 cup of water
- 2 tbsp coconut aminos
- 2 tbsp date caramel
- 2 tbsp balsamic vinegar
- 2 tbsp rice vinegar
- 3 tbsp creamy peanut butter or tahini
- 2 tbsp fresh grated ginger
- 3 cloves garlic, grated
- 1 packet of rice noodles
- 2 1/2 cups low sodium vegetable
- 2 cups fresh baby spinach, roughly chopped
- 2 tbsp sesame or extra virgin olive oil
- 3 cups shiitake or cremini mushrooms, sliced
- 2 shallots, chopped
- black pepper
- 2 tablespoons raw sesame seeds
- 2 green onions chopped, for serving

## Directions

1. In a bowl combine water, coconut aminos, date caramel, balsamic vinegar, rice vinegar, peanut butter/tahini, 1 tablespoon ginger and 1 clove garlic.
2. Cook the noodles according to package directions. Drain. To the pot used to cook the noodles, add the broth and 1/2 of the coconut aminos mixture. Bring to a simmer over medium heat, stir in the spinach. Keep warm.
3. To a large pan add 1 tbsp of water and heat, once hot add mushrooms. Cook undisturbed for 5 minutes or until golden. Add the shallots, 1 tablespoon ginger, and 2 cloves garlic. Cook 4-5 minutes, until fragrant. Add 2 tablespoons of coconut aminos and a large pinch of pepper. Cook another 2-3 minutes, until the mushrooms are caramelized. Add the sesame seeds, cook 2 minutes. Spoon the mushrooms out of the pan and onto a plate.
4. To the pan, add the remaining coconut aminos mixture and bring to a simmer over medium heat. Add the noodles, toss to combine, and cook until the sauce just coats the noodles, 2-3 minutes. Remove from the heat.
5. Ladle the broth into bowls. Add the noodles and toss combine. Spoon the mushrooms over the noodles. Top with green onions and chili oil. Enjoy!



# Eggplant Green Curry

SERVING - 4

## Ingredients

- 2 medium shallots
- 4 garlic cloves
- thumb-size piece of ginger
- 2 stalks of lemongrass, soft inner part chopped roughly
- 4 green Thai chillies (deseeded for less heat)
- 1 tsp ground coriander
- ½ tsp ground cumin
- ¼ tsp ground white (or black if unavailable) pepper
- coriander stalks from a big bunch of coriander (use the leaves to serve)
- CURRY SAUCE
- 1 tin coconut milk
- 6 Kaffir lime leaves
- 1½-2 cups veggie stock (or water)
- 1 tbsp coconut aminos
- juice of half a lime
- 2 tsp date caramel
- ½ small butternut squash or a sweet potato, cubed
- 1 small eggplant, cubed
- 1/2 cup sugar snap peas, sliced on the diagonal
- 1/2 cup broccoli
- a handful of bean sprouts, blanched
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## Directions

1. To a food processor, add all the paste ingredients until finely chopped.
2. To a large pot add 1 tbsp of water, curry paste and gently fry it off gently, for 10 minutes, stirring the entire time. Stir in coconut milk, kaffir lime leaf and stock.
3. Allow the sauce to come to a gentle simmer. Simmer for 10-15 minutes on a low heat. Season with coconut aminos, lime juice. If you can, allow the curry flavours to develop overnight as it always tastes better the day after it has been made.
4. Preheat the oven to 210C/410F
5. Add sweet potato and eggplant to a baking tray lined with parchment paper and bake for 20 minutes.  
Turning half way.
6. Bring a pot of water to boil and blanch snap peas for 2 minutes and broccoli for 5 minutes.
7. Serve with brown rice.

# Teriyaki Cauliflower Bowl

SERVING - 4

## Ingredients

- 1 medium head cauliflower chopped into florets
- ½ cup water
- 1 tbsp. cornstarch
- 1 tbsp coconut aminos
- 1 tbsp date caramel
- 1 tbsp. minced fresh garlic
- 2 tbsp. Hoisin sauce
- 2 tbsp. rice vinegar
- 2 cups cooked brown rice
- 1 cup frozen and thawed shelled edamame
- 2 cups shredded red cabbage
- ⅓ cup thinly sliced green onion
- Optional toppings: toasted sesame seeds sliced avocado, lime juice

## Directions

1. Preheat oven to 220C/425F.
2. To a baking tray lined with parchment paper add chopped cauliflower. Bake for 10 minutes.
3. To a small bowl add water and cornstarch whisk together and set aside.
4. Heat coconut aminos, date caramel, garlic, hoisin, and rice vinegar in a small saucepan over medium heat. Cook for about 1 to 2 minutes, stirring often. Add the cornstarch mixture and bring sauce to a boil, whisking often to avoid scorching on the bottom of pan. Reduce to medium-low and simmer until sauce is viscous and thickened, about 2 to 3 minutes. Remove from heat.
5. Remove cauliflower from oven and brush with half of teriyaki sauce. Place back in the oven and bake until cauliflower is caramelized; about 7 to 10 minutes.
6. To prepare bowls, divide teriyaki cauliflower, brown rice, edamame, and red cabbage evenly between each of four bowls. Spoon remaining teriyaki sauce evenly over bowls and top with sliced green onion. Add additional garnishes of choice (toasted sesame seeds, avocado, etc.), if desired.



# Veggie Noodle Stir Fry

SERVING - 6

## Ingredients

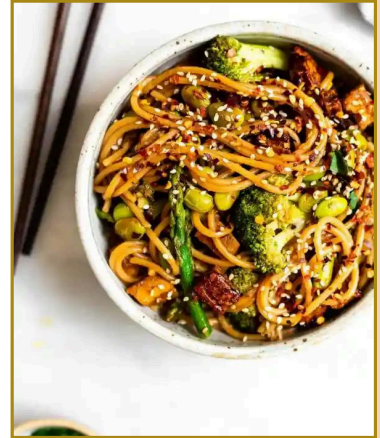
- 1 block extra firm tofu
- 2 ½ tbsp coconut aminos
- 1 tbsp sriracha

### VEGGIES/NOODLES

- 1 packet of brown rice noodles
- 2 cups chopped broccoli
- 1 small bunch asparagus
- 2 cups edamame
- ¼ cup chopped scallions
- 2 tbsp coconut aminos
- ¼ cup vegetable broth
- 2 tbsp sesame seeds
- 4 cloves garlic
- 1 tbsp fresh grated ginger
- 1 tbsp sriracha
- 2 tbsp tahini

## Directions

1. Bring a large pot of water to a boil and cook noodles according to package instructions.
2. Remove the tofu from the package and drain off excess liquid. Wrap in a towel and place a heavy object on top. Press for 10 minutes.
3. Remove from the towel and chop into 1 inch cubes.
4. Heat a pan with a 1 tbsp of water, add in the tofu, keeping each piece away from each other to really help it crisp up. Cook on each side for about 3 minutes or until brown and crispy.
5. Whisk together the coconut aminos and sriracha, pour on top of the tofu and let simmer over low heat to let the flavors absorb.
6. To a pan add 1 tbsp of water garlic and ginger and saute until the garlic is golden brown.
7. Add the chopped broccoli, edamame, asparagus and vegetable broth and cover. Let simmer for 5-7 minutes or until broccoli is fork tender, but not fully cooked.
8. Add in all remaining ingredients (aside from the scallions) and the cooked noodles. Simmer for 5 minutes to allow the noodles and veggies to absorb the flavors.
9. Combine with the tofu and scallions. Garnish with chopped cilantro, red pepper flakes and sesame seeds.



# Peanut Chickpea Bowl

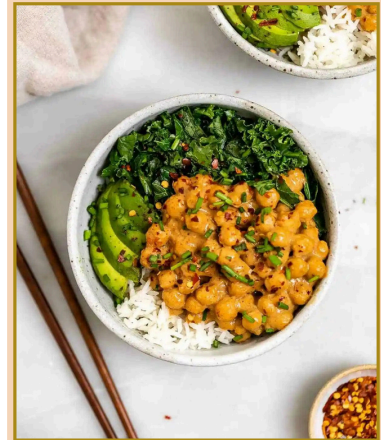
SERVING - 4

## Ingredients

- 2 cans chickpeas
- 1/2-1 cup peanut sauce [click for recipe](#)
- 4 cups chopped & de-stemmed kale
- 2 cloves garlic
- 2 cups cooked brown rice
- 1 avocado
- Sesame seeds

## Directions

1. To a pot add rinsed chickpeas and peanut sauce. Heat over low heat for about 5-10 minutes, allowing the sauce to cook into the chickpeas and thicken.
2. To a large pan add 1 tsp of water and garlic. Sauté until golden.
3. Add in the chopped and de-stemmed kale and sauté until dark green and wilted, this will only take a couple of minutes.
4. Remove from heat. Once the chickpeas are done (be sure to taste and add more sauce as desired), serve with the kale on top of a bed of brown rice along with the avocado. Drizzle with additional peanut sauce & enjoy!





# Stuffed Sweet Potato

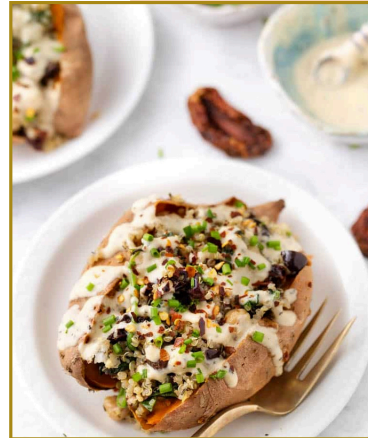
SERVING - 2

## Ingredients

- 2 medium sweet potatoes
- 2 cups spinach
- 1/2 cup canned chickpeas
- 1/4 cup sun-dried tomatoes(chopped)
- 2 tbsp black olives (chopped)
- 1 cup cooked quinoa
- 1/2 tsp dried thyme
- 1/2 tsp dried dill
- 1/2 tsp garlic powder

To Garnish

- 1 tbsp tahini
- 1 tsp lemon juice
- 1 - 2 tbsp water to thin
- chives
- red pepper flakes



## Directions

- 1.Preheat the oven to 200C/400F.
- 2.Puncture the sweet potatoes with a fork and place them in a baking dish. Bake until soft, and knife slides into the flesh easily, about 35 – 45 minutes depending on the size.
- 3.To a pot add the rest of the ingredients and sauté until warm. Keep warm until the sweet potatoes are cooked.
- 4.When the sweet potatoes are soft, remove them from the oven and let them cool for a few minutes. Once cooled, transfer them to a plate, split them open with a sharp knife and spoon the quinoa into the center.
- 5.Whisk together the tahini, lemon, pepper, and water then pour on top of sweet potatoes. Garnish with fresh chives and red pepper flakes. Serve immediately and enjoy!

# Korean Lentils

SERVING - 4

## Ingredients

### For the Sauce:

- 2 tbsp toasted sesame oil
- 4 cloves garlic minced
- 2 tbsp fresh ginger minced or microplaned
- 2 tbsp date caramel
- ¼ cup coconut aminos
- 1/4-1/2 tsp crushed red chili pepper flakes or to taste
- 1/2-1 tsp ground black pepper or to taste

### For the Mushrooms:

- 12-16 oz shiitake mushrooms (or criminis) stems removed and sliced (about 4-5 cups)
- 2 x 398 ml cans green or brown lentils, drained and rinsed or 3 1/4 cups cooked

### Suggested Serving:

- 4-6 cups cooked basmati rice
- 4 cups steamed broccoli
- sliced green onions
- toasted sesame seeds
- vegan kimchi



## Directions

1. In a small bowl, whisk together the ingredients for the sauce.
2. To a large pan add 1 tbsp of water and heat over medium-high heat, add in the sliced mushrooms. If you don't have a wide pan, work in batches. Let them cook for 3-5 minutes before stirring.
3. Add in the sauce, scraping the bottom to get any bits that have stuck. Stir in the drained lentils, reduce heat to medium-low and let simmer until the sauce is reduced and the lentils start to stick a bit, about 5 minutes. Stir only as necessary so you don't mash the lentils.
4. Serve over brown rice, side of steamed broccoli, sliced green onions, vegan kimchi and toasted sesame seeds if desired.

# Lentil Bolognese

SERVING - 3

## Ingredients

- 1 small onion, chopped
- 1 garlic clove, minced
- 1 carrot, chopped
- 1 small red bell pepper, chopped
- 4 tbsp tomato paste
- ¼ cup walnuts, chopped
- ½ cup dry green lentils, soaked and rinsed
- 1 can of whole peeled tomatoes
- 2 tsp dry oregano
- 2 tsp dry basil
- 2 cups vegetable broth, or water
- 1 tbsp date caramel
- ½ tbsp white wine vinegar or apple cider vinegar
- 3 servings of whole wheat pasta (tagliatelle, fettucine, pappardelle, spaghetti, linguine)
- fresh parsley, chopped, (optional)
- vegan cheese for a garnish
- 



## Directions

1. To a pot add 1 tbsp of water, onion and garlic, stir occasionally and sauté until light brown.
2. Add in carrots, red bell pepper, salt and pepper. Stir and let cook for about 5 minutes until the carrots soften. If needed, add few spoons of water.
3. Add in tomato paste and chopped walnuts, and cook for about 2 minutes.
4. Then add lentils, tomatoes, oregano, basil, and vegetable broth, and stir to combine. Bring to boil, cover the pan, and let simmer over low heat for about 30 minutes or until the lentils softens and the sauce thickens. Stir occasionally. Add more vegetable broth or water if needed. Finish with the white wine vinegar and date caramel.
5. In the meantime, cook the pasta in water until al dente, then drain the pasta.
6. Serve the bolognese sauce over cooked pasta. Garnish with vegan cheese and chopped parsley.
7. Enjoy!