

09:52 AM



EcoLife

Food 

We're here to help you save money and time by helping you eat delicious food and track your nutritional intake.

 search

Recipes

Pantry

Profile

Planner

09:52 AM



Recipes

Favourites

Recent recipes

Search by keyword

Top recipes:

1. Pancakes

2. Dahl tadka

3. Simple salad

4. Black bean burgers

5. Detox smoothie

Add recipe

Recipes

Pantry

Profile

Planner

09:52 AM



Add a new recipe

Write a sentence about the recipe here.



How long does it take? How hard is it? How many serves does it make?

Ingredients

1. Insert your ingredients here.
- 2.
- 3.
- 4.
- 5.

Steps

1. Write down your method here.
- 2.
- 3.
- 4.
- 5.
6. Enjoy!

Note: Add any notes you want here.

#selecttagshere

PUBLISH

Recipes

Pantry

Profile

Planner

09:52 AM



Pantry

Add to pantry

search

Sort by ▼

Item	Quantity	Use Before	See Recipes
Plain white flour	2kg	16/05/2019	2
Raw sugar	2kg	16/05/2019	1
Olive oil	800g	16/05/2019	2
Soy milk	700g	01/01/2019	1
Vanilla essence	200g	02/02/202	1
Dahl toor	500g	12/12/2018	1
Cahan dahl	500g	12/12/2018	1
Red onion	450g	16/07/2018	1
Ginger	100g	16/07/2018	1
Garlic	200g	16/07/2018	1
Coriander	80g	31/05/2018	1
Coconut oil	500g	31/0/2019	1
Tomato	900g	31/05/2018	2
Tomato paste	400g	31/05/2018	1
Turmeric powder	1kg	31/05/2020	1

ADD TO SHOPPING LIST

VIEW SHOPPING LIST

Equipment

Recipes

Pantry

Profile

Planner

09:52 AM



Add to Pantry

Add from database

Add from barcode

Add manually

Recipes

Pantry

Profile

Planner

09:52 AM



Shopping List

Item	Quantity	Average Weekly
Plain white flour	2kg	600g
Raw sugar	2kg	100g
Olive oil	800g	150g
Soy milk	1.4kg	800g

INCREASE**REMOVE**

Recipes

Pantry

Profile

Planner

09:52 AM



Equipment

search

Item
Medium mixing bowl
Whisk
Non-stick pan
Scales

ADD**REMOVE**[Recipes](#)[Pantry](#)[Profile](#)[Planner](#)

09:52 AM



Favourites

1. Pancakes

2. Dahl tadka

3. Simple salad

4. Black bean burgers

5. Detox smoothie

Recipes

Pantry

Profile

Planner

09:52 AM



Recent recipes

1. Pancakes

2. Dahl tadka

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5. Detox smoothie

Recipes

Pantry

Profile

Planner

09:52 AM



Search by keywords

Dinner

Lunch

Breakfast

Low calorie

High calorie

Protein

Snack

Treat

Sweet

Savoury

Vegetable

Fruit

Indian

Asian

Quick

Save

Hot

Cold

Spicy

Mild

Simple

One bowl

Low carb

Gluten free

Nut free

Soy free

Low FODMAP

Green

Salty

Curry

Stir fry

Baking

Go

Recipes

Pantry

Profile

Planner

09:52 AM



Pancakes

The simplest pancakes you've ever made!



10 min



Easy



Serves 2

Ingredients

1. 200g of self-raising flour
2. 30g of raw sugar
3. 30g of olive oil
4. 30g of soy milk
5. 170g of water
6. 5g of vanilla essence (1 cap)
7. Any toppings you would like (maple syrup, berries, etc)

Steps

1. Measure out ingredients and mix all of them in a bowl.
2. Heat a pan on high and melt some vegan butter in it.
3. Pour mixture into the heated pan in the shape and size you prefer.
4. Once bubbles appear on the upper side, flip the pancake and cook until both sides are golden brown.
5. Serve with toppings of your choice.
6. Enjoy!

Note: Adjust your pan's temperature based on the thickness of your pancakes, a thicker pancake will require slower cooking on a lower heat to avoid burning.

COMPLETE**ALLOCATE**

#simple

#onebowl

#easy

Recipes

Pantry

Profile

Planner

09:52 AM



Dahl Tadka

An authentic taste of India!



40 min



Easy



Serves 6

Ingredients

1. 200g of dahl toor (soaked overnight)
2. 200g of chana dahl (soaked overnight)
3. 225g of chopped red onion
4. 15g of finely chopped or grated garlic
5. 5g of finely chopped or grated ginger
6. 15g of roughly chopped coriander
7. 30g of coconut oil
8. 250g of chopped tomato
9. 25g of tomato paste
10. 10g of turmeric powder
11. 2g of dried coriander
12. 2g of cumin seeds
13. 2g of garam masala
14. 40 grams of coconut cream
15. Salt and chilli flakes to taste

Steps

1. After rinsing the lentils, add them to a pressure cooker with salt and turmeric. Cover with water and cook for 10 minutes.
2. Heat a pan on medium and melt half the coconut oil in it. Add the ginger and garlic and sautee for 2 minutes before adding the chopped onion and cook for another 3 minutes.
3. Add chopped tomatoes, tomato paste, dried coriander and garam masala to the pan. Mix and cook for 2 minutes.

COMPLETE

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Recipes

Pantry

Profile

Planner

09:52 AM



Simple Salad

Easy, crunchy and nutritious!



20 min



Easy



Serves 2

Ingredients

1. 100g of uncooked quinoa
2. 35g of corn
3. 40g of chopped carrot
4. 130g of cherry tomatoes
5. 130g of black olives
6. 200g of avocado
7. 20g of olive oil to taste

Steps

1. Cook the quinoa as per packet instructions.
2. Add all ingredients to a bowl and mix.
3. Enjoy!

COMPLETE

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Recipes

Pantry

Profile

Planner

09:52 AM



Black Bean Burgers

Even nutritional food can be a little bit cheeky.



20 min



Medium



Serves 6

Ingredients

For the patties:

1. 75g of onion, chopped small
2. 400g of black beans (1 can)
3. 85g of white bread (2 slices), crumbled
4. 3g of salt
5. 3g of garlic powder
6. 3g of onion powder

Steps

1. Heat a pan on high and sautee both lots of onion until soft, for about 5 minutes.
2. In a large bowl, crush the beans until almost smooth.
3. Add half of the sauteed onions to the beans along with everything else from the patty ingredients except for the flour and oil. Mix and combine well.
4. Add flour a few tablespoons at a time and mix well.
5. Portion the mix into six and roll each portion into a ball before flattening and shaping it into a patty.
6. Set aside the remaining half of onions, add the oil to the pan and then cook the patties in the pan on medium-low for about 3 minutes on each side. They should be firm and

COMPLETE**ALLOCATE**

Recipes

Pantry

Profile

Planner

09:52 AM



Detox Smoothie

Refreshing, light and zesty!



10 min



Easy



Serves 2

Ingredients

1. 500g of water (2 cups)
2. 110g of lemon (1 peeled lemon)
3. 600g of cucumber
4. 30g of raw spinach (1 cup)
5. 200g of apple, seeds removed

Steps

1. Put all the ingredients in a food processor and blend until smooth. Pour into a jar or glass to serve.
2. Enjoy!

COMPLETE

ALLOCATE

Recipes

Pantry

Profile

Planner

09:52 AM



Planner

Allocate each serving to your planner.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Protein							
Carbs							
Fats							
Energy							

Weekly Totals



Protein



Carbs



Fats



Energy

[Recipes](#)[Pantry](#)[Profile](#)[Planner](#)

09:52 AM



Profile

Create goals so we can help you smash 'em!

Name

Corey

Sex

Male

Height182
cm**Weight**72
kg**Age**

26

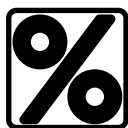
BMI

21.7

Waist83
CM**Goal**

Maintain ▾

What are your target macros?



Protein



Carbs



Fats



Energy

Other nutrients to pay attention to:



Fibre



Calcium



Vitamin C

NUTRITION

Recipes

Pantry

Profile

Planner

09:52 AM



Nutrition

Here's how you're tracking...

Today so far:



Protein



Carbs



Fats



Energy



Fibre



Calcium



Vitamin C

The week so far:



Protein



Carbs



Fats



Energy



Fibre



Calcium



Vitamin C

The month so far:



Protein



Carbs



Fats



Energy



Fibre



Calcium



Vitamin C

Suggestions:

- ☐ Pick recipes with fresh vegetables to increase your fibre intake
- ☐ Recipes like this one could help you reach your goal
- ☐ Try this recipe to boost your protein intake for the day

[Recipes](#)[Pantry](#)[Profile](#)[Planner](#)