



Vegetarian Meal Plan

Meal Plan

	Breakfast	Lunch	Dinner	Snack
Thu, Jul 28	Ricotta & tomato wrap	Moroccan chickpea, sweet potato & carrot soup	Spicy satay tempeh bliss bowl	Vegetables & fruits
Fri, Jul 29	Chocolate & chia seed overnight oats	Toasted black bean & vegetable tortilla with avocado salsa	Naked bean burgers	Vegetables & fruits
Sat, Jul 30	Breakfast nachos	Leftover Moroccan chickpea, sweet potato & carrot soup	Leftover Spicy satay tempeh bliss bowl	Vegetables & fruits
Sun, Jul 31	Leftover Chocolate & chia seed overnight oats	Warm rice bowl with vegetables	Leftover Naked bean burgers	Vegetables & fruits
Mon, Aug 1	Ricotta & tomato wrap	Leftover Moroccan chickpea, sweet potato & carrot soup	Roasted cauliflower steak with lentil, cucumber & radish salsa	Vegetables & fruits
Tue, Aug 2	Leftover Chocolate & chia seed overnight oats	Toasted black bean & vegetable tortilla with avocado salsa	Tunisian ratatouille with eggs	Vegetables & fruits
Wed, Aug 3	Breakfast nachos	Warm rice bowl with vegetables	Leftover Roasted cauliflower steak with lentil, cucumber & radish salsa	Vegetables & fruits

Prep steps and tips for this week

Here's your checklist to help you prepare for the week:

2. **Shop for all the ingredients.** Review the [Grocery List](#) at the end of this PDF or on the website. Adjust the list to cater for your family and needs. Check off items you already have.
3. **Prepare three servings of the Chocolate & chia seed overnight oats*.** In a bowl, combine milk, rolled oats, yogurt, chia seeds, cocoa powder, orange and orange zest. Divide into three containers or jars, seal and refrigerate overnight.
4. **Prepare your fruits and vegetables.** Wash, chop, shred and slice any fruits and vegetables you need for your meals and snacks this week and store them in separate airtight containers in the fridge. Alternatively, you can buy pre-packaged cut fruit and vegetables at most supermarkets.
5. **Get a head start on lunch the night before.** Make the salsa and black bean filling for the Toasted black bean & vegetable tortilla with avocado salsa*. Cook the rice and chop the vegetables for the Warm rice bowl with vegetables*. This allows you to simply assemble quick-and-easy lunches the next day.
6. **Cook once, eat twice.** When preparing your breakfasts and dinners, make a double batch of the recipes that appear twice. Store the second serving in an airtight container in the fridge for a quick reheat-and-eat meal later in the week.
7. **Herb and seasoning mixes.** If you're unable to find the premixed herb blends and seasoning in the supermarket, you can make your own using these recipes ([Moroccan spice blend](#) and [Dried mixed herbs](#)).

*Refers to recipes in the meal plan as specified. Your meal plan may differ if you have swapped meals.



Breakfast meals

Chocolate & chia seed overnight oats

Chocolate & chia seed overnight oats, makes 3 servings

1% milk, 1½ cup(s) (12.4fl oz)

Old fashioned (rolled) oats, 1½ cup(s) (4.2oz)

Nonfat plain Greek yogurt, 1½ cup(s) (12oz)

Chia seeds, 3 tbsp(s) (1.3oz)

Cocoa powder, 1½ tsp(s) (0.1oz)

Orange, 3 small, zest skin then peel and chop orange (10.2oz)

Method

Prepare Chocolate & chia seed overnight oats and serve a portion for breakfast.

Chocolate & chia seed overnight oats instructions

Combine milk, rolled oats, yogurt, chia seeds and cocoa powder in a bowl. Gently mix through orange and orange zest. Divide into 3 containers or jars, seal and refrigerate overnight.

TIP: You can add only half the orange to soak overnight, and keep remaining orange to add on top fresh in the morning, or simply enjoy the orange on the side. Feel free to use any other fruit you like, for example grated apple, banana, berries etc.

Each serve of 'Chocolate & chia seed overnight oats' provides: 0.8 Fruit, 2.1 Carbohydrates, 1.1 Protein/Dairy, 1.3 Fats, 377 calories, 23.8g protein.



Lunch meals

Moroccan chickpea, sweet potato & carrot soup

Moroccan chickpea, sweet potato & carrot soup, makes 3 servings

Extra virgin olive oil, 3 tsp(s) (½oz)

Red onion, chopped, ⅔ cup(s) (3.7oz)

Sweet potato, 2 large, chopped (12.7oz)

Carrots, 4 medium, chopped (8.6oz)

Moroccan seasoning, 2 tbsp(s) (0.4oz)

Low sodium vegetable broth, 6 cup(s) (1.5qt)

Canned chickpeas, 1 (15 oz) can(s), rinsed and drained (8.9oz)

Whole-wheat tortilla, 1 tortilla(s), cut into 6 wedges (1.4oz)

Parsley, fresh, 3 tbsp(s), chopped (0.4oz)

Black pepper, 1 dash(es), to taste

Method.

Moroccan chickpea, sweet potato & carrot soup instructions

Heat 2 teaspoons olive oil in a medium saucepan over medium heat. Add onion, sweet potato and carrot. Cook, stirring for 5 minutes until vegetables start to brown. Add 4 teaspoons of seasoning, cook, stirring for 1 minute. Add broth and bring to the boil. Partially cover with a lid, boil gently for 20 minutes until vegetables are tender.

Meanwhile, preheat oven 400°F. Line a roasting pan with parchment paper. Add the chickpeas. Spoon over the remaining teaspoon of olive oil and sprinkle with remaining seasoning blend, shake pan to coat. Roast the chickpeas for 15 to 20 minutes, shaking the pan every 5 minutes. Place the tortilla wedges in a single layer on a separate baking tray, bake below the chickpea pan for 5 to 7 minutes until light golden.

Blend or process the sweet potato mixture until smooth. Adding a little warm water to adjust the consistency if needed. Stir in the roasted chickpeas and parsley. Season with pepper. Serve with baked tortilla wedges.

Each serve of ‘Moroccan chickpea, sweet potato & carrot soup’ provides: 2.0 Vegetables, 2.1 Carbohydrates, 1.1 Protein/Dairy, 0.9 Fats, 401 calories, 11.2g protein.



Dinner meals

Roasted cauliflower steak with lentil, cucumber & radish salsa

Roasted cauliflower steak with lentil, cucumber & radish salsa , makes 2 servings

Cauliflower, raw, 2 head(s), medium (2.6lb)

Olive oil spray, 4 x two-second spray(s) (0.3oz)

Dried mixed herbs, 4 tsp(s) (0.2oz)

Lentils, canned, drained, 1 cup(s) (6.3oz)

Cucumber, 1 medium, diced (7.1oz)

Tomato, 1 medium, whole, diced (4.3oz)

Radish, 2 medium, thinly sliced (0.3oz)

Parsley, fresh, ¼ cup(s), chopped (½oz)

Lemon, ½ medium, juiced (1½oz)

Extra virgin olive oil, 1 tsp(s) (0.2oz)

Black pepper, 1 dash(es)

Baby spinach, raw, 2 cup(s) (1.3oz)

Method

Roasted cauliflower steak with lentil, cucumber & radish salsa instructions

Preheat oven to 450°F. Line two large baking trays with baking paper. Remove the outer leaves from each cauliflower, leaving the core intact. Cut two, 1-inch thick steaks from the center of each cauliflower, and reserve the rest of the florets for another use. Put the cauliflower steaks onto two trays. Spray both sides of cauliflower with oil and sprinkle with seasoning. Roast for 30 minutes, swapping trays around in the oven after 20 minutes or until the cauliflower is tender and browning at the edges.

To make salsa, combine lentils, cucumber, tomato, radish, parsley, lemon juice and oil in a bowl. Season to taste with pepper. Place the cauliflower steaks onto a serving plate. Top with spinach and spoon over the salsa. Serve.

Makes 1 serve. Each serve provides: 7.2 Vegetables, 0.1 Fruit, 0.8 Protein/Dairy, 1.1 Fats, 328 calories, 20.3g protein.



Snack meals

Vegetables & fruits

Vegetable sticks (carrot, celery, cucumber, bell pepper), 1 cup(s) (4oz)

Fruit, any type, 2 small piece(s) (7.1oz)

Method

Enjoy unlimited servings of vegetables & fruits throughout the day.

Makes 1 serve. Each serve provides: 1.0 Vegetables, 2.1 Fruit, 148 calories, 2.6g protein.



Grocery List

Fruits & Vegetables

- ☐ Arugula 1.4oz
- ☐ Asparagus, ½ bunch(es) (2oz)
- ☐ Baby bok choy, 1 bunch(es) (4.2oz)
- ☐ Baby spinach, raw 4oz
- ☐ Banana, 2 small (7.1oz)
- ☐ Basil, fresh 0.4oz
- ☐ Berries, any type, 1 cup(s) (5.1oz)
- ☐ Blueberries 11.7oz
- ☐ Carrot, shredded 1.9oz
- ☐ Carrots, 1 medium (2.2oz)
- ☐ Cauliflower, raw, 1 head(s), small (9.3oz)
- ☐ Celery 2.8oz
- ☐ Cherry tomatoes 1lb
- ☐ Cucumber, 1 medium (7.1oz)
- ☐ Eggplant, raw, 1 small (14.7oz)
- ☐ Fennel bulb 4.1oz
- ☐ Fruit, any type, 14 small piece(s) (3.1lb)
- ☐ Garlic, minced 0.2oz
- ☐ Ginger, minced 0.1oz
- ☐ Green beans, trimmed 7.1oz
- ☐ Green onion 2.1oz
- ☐ Lemon, 1 medium (3oz)
- ☐ Lime, 1 lime(s) (2.4oz)

- ☐ Parsley, fresh 0.3oz
- ☐ Pears canned in water 4.3oz
- ☐ Raspberries 8.7oz
- ☐ Red bell pepper, ½ pepper(s) (2oz)
- ☐ Red bell pepper, chopped 2.6oz
- ☐ Red onion, chopped 0.9oz
- ☐ Roasted red peppers 6.9oz
- ☐ Romaine lettuce 2oz
- ☐ Rosemary, fresh
- ☐ Snow peas 5.6oz
- ☐ Strawberries 12.6oz
- ☐ Swiss chard 6.2oz
- ☐ Vegetable sticks (carrot, celery, cucumber, bell pepper), 7 cup(s) (1.8lb)
- ☐ Yellow onion, 1 small (2.1oz)
- ☐ Zucchini, 2 medium (13.8oz)

Pantry Items

- ☐ Balsamic vinegar 1.5oz
- ☐ Black pepper 0.1oz
- ☐ Cajun seasoning, 1 tsp(s) (0.1oz)
- ☐ Capers 0.2oz
- ☐ Cinnamon, ground 0.1oz
- ☐ Crushed red pepper flakes
- ☐ Dijon mustard 1.7oz