

VEGAN DIET - SHINE CHALLENGE SUPPORT DOC

Vegan food replacements:

There are a range of easily accessible vegan ingredients and alternatives available today. Most health food stores and supermarkets are well stocked with the following replacements / alternatives.

- **Eggs:** Replace with
 - **For scrambles, use Silken tofu** – ¼ cup is equivalent to 1 egg.
 - **For baking use – chia seeds, ground flaxseed or vegan egg replacement** (as per packet instructions). For chia seeds mix 1 tbsp with 3 tbsp of water. Leave to set for around 20mins and use in baking as required.
 - **Aquafaba** – This refers to the liquid from canned chickpeas or beans. It serves as replacements for egg whites. Use 3 tablespoons of aquafaba to replace 1 egg.
 - **Nut butter** – The smooth variety can be used as binders for dry ingredients when making bliss balls or baked goods.
 - **Commercial Egg replacer** – These are made from arrowroot, potato, tapioca or chickpea starches. It can be used as binding and leavening agents for baked products.
 - **Agar-agar** – another option for a binding agent. 1 tbsp of agar-agar powder with 1 tbsp of water can be used to replace one egg.
- **Milk and yogurt:** Replace with:
 - coconut milk / yogurts
 - Almond, oat, soy, rice or cashew milk.
- **Cheese:** Replace with:
 - Vegan feta, cashew cheese and other non-dairy cheese stocked in your local supermarket.
- **Whey protein powder:** Replace with:
 - Vegan protein powders such as pea, rice, soy or hemp proteins.



FOOD & MOOD

COACHING

Sample Meal Plan

Make vegan replacements to recipes where necessary.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BF	Oats with Veggie and chia*	Hummus and Salad Breakfast Toastie**	Garlic Mushroom Toast**	Oats with Veggie and chia*	Hummus and Salad Breakfast Toastie**	Garlic Mushroom Toast**	Oats with Veggie and chia*
AM	Almoothie	Veggie Balls	Almoothie	Veggie Balls	Almoothie	Almoothie	Veggie Balls
L	Edamame Bruschetta**	Crispy eggplant lentil and hummus flatbreads**	Baked turnip with beetroot salsa	Broccoli and Chickpea salad with creamy dressing	Edamame Bruschetta**	Chickpea spinach curry	Quick Chickpea wrap**
PM	Cucumber and hummus	Banana and almond smoothie	Cucumber and hummus	Banana and almond smoothie	Cucumber and hummus	Banana and almond smoothie	Cucumber and hummus
D	Crispy eggplant lentil and hummus flatbreads**	Baked turnip with beetroot salsa	Chargrilled tofu skewers with brown rice	Vegetable and Tofu Stacks with rice	Chickpea spinach curry	Grilled Cos Lettuce, Asparagus and Tofu salad	Chickpea and olive-Green salad

* **Gluten free options for Oats:** Quinoa, Brown rice, buckwheat, millet, amaranth or teff.

** **Option to use Gluten free Bread or wrap**

