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21 Day

Anti-Inflammatory Meal Plan

With Recipes & Shopping Lists

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21 Day *Anti-Inflammatory* Meal Plan



With Recipes & Shopping Lists



WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Ultra-Green Smoothie Bowl	Berry Bircher Muesli	Tofu Yogurt Bowl	Ultra-Green Smoothie Bowl	Berry Bircher Muesli	Tofu Yogurt Bowl	Homemade Baked Beans
LUNCH	Asian Coleslaw with Peanut Butter Sauce	Butternut Squash & Rosemary Soup	Tuscan Vegetable Stew	Farro & Mushroom Risotto	Plant-based Onigirazu	Lentil & Quinoa Salad with Roast Vegetables	Vegetarian Pad Thai
DINNER	Butternut Squash & Rosemary Soup	Tuscan Vegetable Stew	Farro & Mushroom Risotto	Plant-based Onigirazu	Lentil & Quinoa Salad with Roast Vegetables	Vegetarian Pad Thai	Asian Coleslaw with Peanut Butter Sauce

WEEK 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Steel Cut Oatmeal Porridge	Mango Chia Pudding	Cashew Cream Cheese Toast with Avocado & Cranberries	Steel Cut Oatmeal Porridge	Mango Chia Pudding	Cashew Cream Cheese Toast with Avocado & Cranberries	Pancake Stack with Plant-based Cream and Fresh Berries
LUNCH	Wholegrain Sandwiches with Homemade Hummus, Avocado & Tomato	Red Lentil & Sweet Potato Curry	Roasted Eggplant with Quinoa Salad & Pine nuts	Smokey Jackfruit Tacos	Lentil & Eggplant Lasagne	Crispy Tofu & Red Rice Salad	Wholegrain Sandwiches with Homemade Hummus, Avocado & Tomato
DINNER	Red Lentil & Sweet Potato Curry	Roasted Eggplant with Quinoa Salad & Pine nuts	Smokey Jackfruit Tacos	Lentil & Eggplant Lasagne	Crispy Tofu & Red Rice Salad	Cream of Broccoli Soup	Cream of Broccoli Soup

WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Easy Tofu Scramble	Cherry Hazelnut Millet Porridge	Summer Bircher Muesli	Easy Tofu Scramble	Cherry Hazelnut Millet Porridge	Summer Bircher Muesli	Sweet Buckwheat & Oat Omelette
LUNCH	Cauliflower and Potato Curry	Green Pea & Mint Falafel with Baked Sweet Potatoes & Garden Salad	Quinoa Butternut Squash Salad with Avocado & Pomegranate	Tofu and Spinach-stuffed Pancakes	Butterbean-stuffed Sweet Potato with Avocado	Rigatoni with Creamy Avocado Basil Sauce	Mexican-style Black Beans
DINNER	Green Pea & Mint Falafel with Baked Sweet Potatoes & Garden Salad	Quinoa Butternut Squash Salad with Avocado & Pomegranate	Tofu and Spinach-stuffed Pancakes	Butterbean-stuffed Sweet Potato with Avocado	Rigatoni with Creamy Avocado Basil Sauce	Mexican-style Black Beans	Cauliflower & Potato Curry



SHOPPING LIST

Pantry Staples:

Dried Fruit:

Dried cranberries
Medjool dates
Goji berries
Desiccated coconut

Dried herbs & spices:

Ground cinnamon
Allspice
Dried thyme
Fresh/minced/
dried ginger
Dried oregano
Red chili flakes
Ground chili
Ground cumin
Paprika
Sweet paprika
Smoked paprika
Onion powder
Yellow mustard
seeds
Ground coriander
Ground turmeric
Pinch cloves
Cardamom

Cinnamon sticks

Curry powder
Bay leaves

Grains/legumes:

Rolled oats
Steel cut oats
Oat flour
Borlotti beans
Quinoa
Cannellini beans
Brown lentils
Butter beans B
Black beans
Farro
Short or medium-
grain brown rice
Chickpeas
Red lentils
Red rice
Millet
Buckwheat
8 oz rigatoni
pasta (*or pasta
of choice*)
Plain wholemeal
flour
Corn flour

Sweeteners:

Pure maple syrup
Erythritol or other
natural sweetener
of choice
Organic honey
Erythritol icing
sugar (*or other
natural sweetener
of choice*)

Miscellaneous:

Spirulina powder
Organic, sugar-
free granola
Nutritional yeast
flakes
Nori seaweed
sheets
Udon noodles
Vanilla extract
Cream of tartar
Dark chocolate
(*optional*)

Oils/sauces/ vinegars:

Extra virgin
olive oil
Sesame oil
Coconut oil

Tomato paste/
passata
Tamari sauce
Tamarind paste
Tahini
Apple cider
vinegar
Balsamic vinegar
Red wine vinegar
Coconut aminos
Miso paste
Vegetable stock
Diced tomatoes

Nuts/seeds:

Chia seeds
Flaxseeds
Pumpkin seeds
Walnuts
Sunflower seeds
Hemp seeds
Almonds
Slivered almonds
Raw cashews
Hazelnuts
Pine nuts
Pistachios
Unsalted peanut
butter

SHOPPING LIST

Week 1:

Vegetables:

1 bunch kale
3 cups spinach
Extra leafy greens
of choice
3 brown/yellow onions
2 red onions
Bunch shallots/
green onion
1 bulb garlic
2 cups shredded cabbage,
white and purple
5 carrots
1 red bell pepper
1 yellow bell pepper
1 large butternut squash
Bunch celery
2 golden sweet potatoes
1 large white potato
8 oz mushrooms
1 avocado
1 cucumber
Green beans
Bean sprouts

Fruit:

1 green apple
1 red apple
1 banana
Frozen mango
1 kiwi
1 punnet of blueberries
1 punnet of strawberries
3-4 lemons
Fresh or frozen raspberries

Fresh herbs:

Cilantro
Parsley
Basil
Mint
Rosemary

Grains/legumes:

7 oz organic silken tofu
3 ½ oz firm tofu

Plant-based “Dairy”:

Plant-based milk of choice
Plant-based yogurt

SHOPPING LIST

Week 2:

Vegetables:

2-3 red onions
1 white onion
2 yellow onions
1 red onion
1 bulb garlic
2 medium sweet potatoes
1 white potato
3 eggplants
Lettuce
2 avocados
Bunch shallots/
green onions
2 tomatoes
1 jalapeno (*optional*)
Red cabbage
2 red bell peppers
Green bell pepper
2 carrots
2 stalks celery
2 heads broccoli

Fruit:

Blueberries
Blackberries
2 fresh mangos
2-3 lemons
16 oz (*2 cups*) jackfruit
(*canned*)

Fresh herbs:

Mint
Chives
Parsley
Basil
Cilantro

Grains/legumes:

8 oz firm tofu
Whole-grain sliced bread
Corn tacos

Plant-based “Dairy”:

Plant-based milk of choice
Plant-based butter
1 cup coconut milk
(*optional*)

SHOPPING LIST

Week 3:

Vegetables:

4 yellow onions
3 shallots/green onions
1 red onion
Head of garlic
(14 garlic cloves)
Spinach
Rocket
Collard greens, kale
or silverbeet
Broccoli
2 carrots
Cauliflower (16 oz)
Potatoes (12 oz)
3 golden sweet
potatoes
1 tomato
Green peas
Beetroot
Butternut squash
Alfalfa sprouts
1 red bell pepper
1 celery stick
3 avocados

Fruit:

Cherries
1 pink lady apple
3 bananas
Fresh strawberries
Fresh raspberries
Fresh blueberries
Grapes
1 yellow nectarine and/or mango
2 lemons
Pomegranate
Unsweetened pineapple juice
Unsweetened apple sauce

Fresh herbs:

Cilantro
Mint
Basil and/or chives

Grains/legumes:

16 oz firm tofu

Plant-based “Dairy”:

Plant-based milk of choice
Plant-based butter
Coconut yogurt
Coconut milk

Anti-Inflammatory Breakfast Recipes



Ultra-Green Smoothie Bowl

Green smoothies are the best way to load up on nutrients. Spirulina is a nutrient-dense lake algae that is easily absorbed by the body. It is rich in antioxidants and is composed of 60% protein. It is high in gamma-linoleic acid (which converts into omega-6) as well as ALA, EPA and DHA omega-3 fatty acids. Spirulina is also abundant in vitamins and minerals including potassium, calcium, chromium, copper, iron, magnesium and iodine.

Ingredients:

- 1/2 cup kale, washed
- 1/2 green apple
- 1/2 frozen banana
- 3/4 cup frozen mango
- 1/2 – 1 tsp spirulina powder
- 1 bunch cilantro, roots included
- 1/2 kiwi
- 1 medjool date
- 2 cups plant-based milk of choice

For toppings:

- 1/2 cup fresh blueberries
- 1/2 green apple, sliced thinly
- Fresh mint leaves
- Lime, sliced
- 1/2 kiwi
- Desiccated coconut
- Chia seeds
- Banana, sliced

Method:

1. Combine all smoothie ingredients in a food processor and blend until well combined.
2. Pour into a bowl and decorate with toppings. Serve immediately.



Berry Bircher Muesli

Bircher Muesli is a tremendously quick, easy and healthy breakfast but it also makes a great snack or even dessert. It's also a raw dish as no cooking is required. Oats are a great form of soluble fiber which helps to slow digestion and stabilize blood sugar. They're also very low in glycemic load and are a great source of B vitamins and antioxidants.

Ingredients:

- 🍌 ¾ cup gluten free oats
- 🍌 ½ apple, grated
- 🍌 ½ cup plant-based milk
- 🍌 ¼ cup plant-based yogurt
- 🍌 1 tbsp maple syrup
- 🍌 1 tbsp pumpkin seeds
- 🍌 ½ tsp ground cinnamon
- 🍌 ¼ tsp sea salt

For toppings:

- 🍌 Strawberries, sliced
- 🍌 Blueberries
- 🍌 Fresh mint leaves
- 🍌 Walnuts
- 🍌 Pumpkin seeds
- 🍌 Sunflower seeds
- 🍌 Chia seeds
- 🍌 Hemp seeds

Method:

1. In a bowl, stir together the oats, grated apple, milk, yogurt, maple syrup, pumpkin seeds, cinnamon and salt.
2. Place in the fridge overnight.
3. In the morning, garnish with the toppings and add a little more milk if desired.



Tofu Yogurt Bowl

This tofu 'yogurt' makes a great and functional yogurt replacement. Tofu offers numerous health benefits. It is rich in plant-based protein and is an excellent source of iron and calcium. Soy-based foods like tofu also boasts isoflavones and omega 3s, which may help lower inflammation in the body.



Ingredients:

- 7 oz organic silken tofu
- 1 ½ tbsp lemon juice
- 1 ½ tbsp erythritol or other natural sweetener of choice
- ½ tbsp plant-based milk
- 2 raspberries for color

For toppings:

- 1 tbsp dried goji berries
- Handful of blueberries
- Handful of almonds
- 2 tbsp chia seeds
- Gluten-free granola (optional)

Method:

1. Combine the yogurt ingredients in a food processor and blend.
2. Pour into a bowl and place in the refrigerator to cool and set for at least 1 hour.
3. When ready to serve, decorate with toppings and enjoy.



Steel Cut Oatmeal Porridge

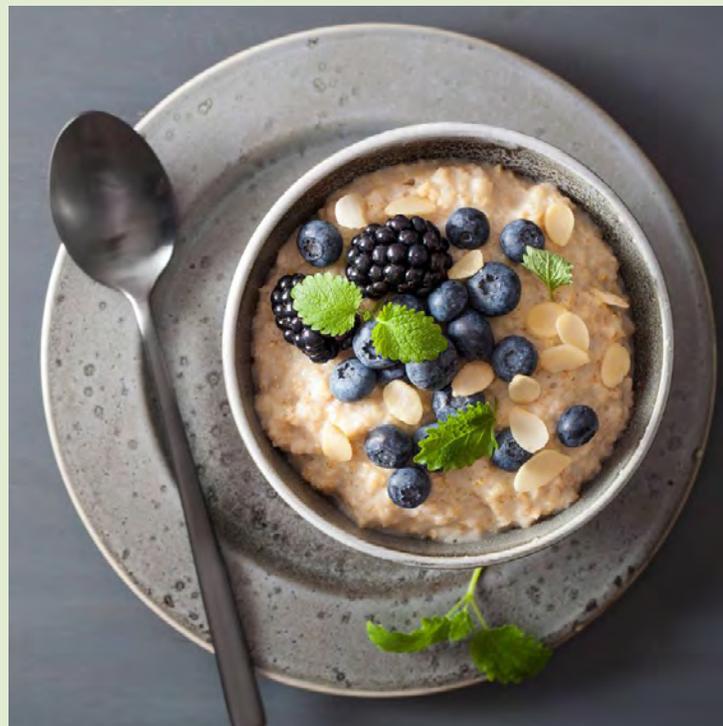
Oats are among the most digestible of the wholegrains and are a great source of beta-glucagon (soluble fiber) which forms a gel in the intestines, slowing digestion and stabilizing blood sugar. Oats are very low in glycemic load and are a source of unique antioxidants and vitamin E-like compounds. Steel-cut oats are less processed than supermarket rolled oats, which have been partially cooked to reduce phytate content. As such, steel cut oats groats are best soaked overnight before use.

Ingredients:

- 1 cup water
- ⅓ cup plant-based milk of choice
- 1 tsp plant-based butter
- ⅓ cup gluten-free steel-cut oats
- ¼ tsp salt
- 1 cinnamon stick

Toppings:

- Handful of blueberries & blackberries
- Slivered almonds
- Mint leaves



Method:

1. Bring water, plant-based milk, cinnamon stick, and salt to a boil in a medium saucepan.
2. Stir in the oats and return to a boil.
3. Reduce heat, partially cover and cook until mixture is thick and oats are tender, about 25 minutes.
4. Discard cinnamon stick and serve with berries, slivered almonds and mint leaves.

Cherry Hazelnut Millet Porridge

Though technically a seed, millet offers similar health benefits to other grains. It is rich in dietary fiber, both soluble and insoluble. The insoluble fiber in millet is a prebiotic which supports the good bacteria in your gut and helps to combat inflammation. It is also rich in minerals like calcium, copper, iron, magnesium, phosphorus, potassium, and selenium as well as essential vitamins like folate and other B vitamins.



Ingredients:

- 🍌 ½ cup uncooked millet
- 🍌 1 cup plant-based milk (plus extra if needed)
- 🍌 1 tsp plant-based butter
- 🍌 ½ cup water
- 🍌 Pinch of salt
- 🍌 1 cinnamon stick

Toppings:

- 🍌 Fresh cherries
- 🍌 Handful of roasted hazelnuts
- 🍌 Handful of slivered almonds
- 🍌 Dark chocolate shavings (optional)

Method:

1. In a coffee grinder or blender, pulse millet until it is roughly half grain, half flour consistency.
2. Heat a small pan over medium-low heat. Add the butter and melt. Stir in the millet and lightly toast for 3-4 minutes.
3. Add the milk and water. Bring to a boil, reduce to a simmer, cover, and cook for 15-20 minutes until the millet is soft. Stir the porridge occasionally to check consistency and add more milk if needed.
4. Serve in a bowl and decorate with cherries, roasted hazelnuts, almonds and dark chocolate shavings.



Mango Chia Pudding

This chia pudding is a wonderfully delicious breakfast dish that's full of omega-3 fatty acids and protein and tastes like dessert! Omega-3 fatty acids play a vital role in many aspects of health, especially brain function and heart health. Apart from lowering heart disease risk, omega-3s are very effective in reducing inflammation and supporting digestive function, reducing blood pressure and even helping to prevent and treat depression.



Ingredients:

- 1 fresh mango, peeled and diced (and seed removed)
- 3 tbsp chia seeds
- 1 cup plant-based milk
- 2 tbsp maple syrup
- ½ tsp vanilla extract
- Handful of fresh blueberries

Method:

1. Add the mango to a food processor and blend until it becomes a puree.
2. Add the mango, chia seeds, plant-based milk, maple syrup and vanilla extract to a mixing bowl and whisk together.
3. Pour the mixture into a serving glass and then place the mixture into the fridge for half an hour to set.
4. Serve with a handful of blueberries.

Pancake Stack with Plant-based Cream & Fresh Berries

Crepes for breakfast is definitely a good reason to get out of bed for! These crepes are gluten-free, dairy-free and sugar free, only using 1 tablespoon of maple syrup to sweeten the batter. The cream is made using aquafaba (chickpea juice) and cream of tartar which helps to give it the right consistency. Enjoy with fresh berries or any other fruit of choice.



Method:

1. Place all batter ingredients into a food processor and blend until a smooth consistency. Let the batter rest a few minutes, then blend again. Repeat two more times. This will ensure a smooth batter and allow the flaxseeds to bind better.
2. Warm up a medium-sized fry pan on medium-high heat. Remove from heat and place the oil or butter in the pan, spreading around evenly. Pour about $\frac{1}{5}$ of the batter onto the pan and quickly slightly tip it in different directions to spread the batter into a thin circle.
3. Cook until the edges are golden and lifts up easily with a spatula. Flip and cook the other side for a few more minutes until golden. Remove and transfer onto a plate and repeat with the remaining batter, adding a bit more oil in between each crepe. The longer you leave the batter standing, the thicker it will get. To thin out the batter, simply add more milk and blend quickly once again.
4. To make the cream, drain the liquid from a can of chickpeas into a large bowl. You should have about $\frac{1}{2}$ cup of liquid. Add the cream of tartar. With a hand mixer, start mixing on medium speed. Once it gets a little foamy, increase the speed to high and beat for about 3-4 minutes, until stiff peaks form. Add the powdered sugar and vanilla and continue to beat about 1 more minute, until fluffy and smooth.
5. To assemble the stack, layer the cream and berries between the crepes and enjoy.

For batter:

- 1 cup gluten-free quick oats
- 1 $\frac{1}{2}$ cups plant-based milk
- $\frac{1}{2}$ tbsp ground flaxseeds
- Plant-based butter or oil for cooking
- 1 tbsp maple syrup
- $\frac{1}{8}$ tsp salt

For the cream:

- $\frac{1}{2}$ cup aquafaba (liquid from 1 can of chickpeas)
- $\frac{1}{8}$ tsp cream of tartar
- $\frac{1}{2}$ – $\frac{3}{4}$ cup monk fruit icing sugar
- 1 tsp vanilla extract



Easy Tofu Scramble

Packed full of nutrients, this Easy Tofu Scramble is a healthy and delicious breakfast recipe. Turmeric contains a phytochemical 'curcumin' that is responsible in part for its yellow color. Curcumin is the subject of much research as it is active against cancer, Alzheimer's disease and diabetes. Curcumin is a natural anti-inflammatory, which may alleviate arthritis symptoms and has been used topically to treat acne. It may also serve as an antidepressant due to its anti-inflammatory effects and its ability to increase serotonin and dopamine, your feel-good hormones.

Ingredients:

- 🍷 1 carrot, diced
- 🍷 ½ small yellow onion
- 🍷 1 tsp minced garlic
- 🍷 8 oz firm tofu
- 🍷 1 tbsp nutritional yeast
- 🍷 1 tsp curry powder
- 🍷 ½ tsp ground turmeric
- 🍷 Salt and black pepper, to taste
- 🍷 ½ cup spinach



Method:

1. Add a little oil to a medium-sized fry pan to prevent sticking. Sauté the onion, garlic and carrot over medium heat until the onion is soft and lightly brown.
2. Drain the tofu, then add it to the pan, breaking it up with a spatula. Add the spices, salt and pepper.
3. Continue to cook, stirring occasionally, until the tofu is hot. Add a bit of water to prevent sticking if needed. Add the nutritional yeast and stir to combine, followed by the spinach until it wilts.
4. Serve with sourdough toast, sliced avocado and lemon.



Homemade Baked Beans

Tinned baked beans are a staple in most pantries in the Western world. But the amount of sugar and preservatives that are added will send your blood sugar levels skyrocketing! Homemade baked beans are a delicious alternative which are simple and quick to make. Borlotti beans are high in protein, fiber, B vitamins such as folate as well as minerals such as iron, zinc and potassium.

Ingredients:

- 1 tbsp olive oil
- ½ onion, finely diced
- 2 garlic cloves, minced
- 1 tbsp tomato paste
- ½ tsp smoked paprika
- ½ tsp dried thyme
- ½ tbsp honey
- 1 tbsp tamari
- 14 oz (400g) borlotti beans
- ½ cup passata
- 1–2 tbsp fresh herbs (basil or parsley), chopped roughly
- Pinch of salt, to taste
- Black pepper, to taste



Method:

1. Heat the oil in a saucepan and add the onion and garlic. Cook over medium heat until soft and translucent.
2. Add the tomato puree, smoked paprika, thyme, honey and tamari and cook for 2 more minutes.
3. Add the beans and passata, and simmer for at least 5 minutes, until the sauce has thickened slightly. Add the fresh herbs and mix to combine.
4. Season with salt and pepper to taste and serve warm with toast.



Summer Bircher Muesli

With its combination of nuts, oats and fruit, this tasty breakfast will keep you energized until lunchtime. Oats are a great form of soluble fiber which helps to slow digestion and stabilize blood sugar. They're also very low in glycemic load and are a great source of B vitamins and antioxidants. This bircher muesli will keep well, chilled, for up to 3 days. Simply add the almonds and fruit just before serving.

Ingredients:

- 1 ¼ cups rolled oats (gluten-free if required)
- 2 ½ cups unsweetened pineapple juice
- 1 tbsp honey
- 1 pink lady apple, grated
- 1 banana, sliced
- ½ cup fresh strawberries, chopped
- ½ cup fresh raspberries/blueberries
- Handful of grapes, sliced in half
- 1 yellow nectarine and/or mango, cut in segments
- 1–2 tbsp flaked almonds

Method:

1. Soak oats in unsweetened pineapple juice overnight with 1 tbsp honey.
2. Before serving, mix in chopped fruit and top with flaked almonds.



Cashew Cream Cheese Toast with Avocado & Cranberries

Cashew cream cheese is a delicious substitute to dairy cheese, especially with the addition of chives and parsley. Add more cashews if you want it to have more of a feta-like consistency or more water if you want it to be creamy. Combined with the healthy fats in the avocado and seeds, this makes for a filling and well-rounded breakfast.



For the cashew cheese (makes $\frac{3}{4}$ cup):

- $\frac{1}{2}$ cup raw cashews, soaked for a few hours or overnight to soften
- $\frac{1}{8}$ cup water
- $\frac{1}{2}$ tbsp lemon juice
- 1 tsp nutritional yeast
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tbsp finely diced chives
- $\frac{1}{2}$ tbsp finely minced parsley
- $\frac{1}{2}$ tbsp finely minced shallots
- $\frac{1}{4}$ tsp sea salt
- Black pepper, to taste

Ingredients:

- Whole grain bread, 2 slices, toasted
- 1 avocado, seed removed and sliced thinly
- $\frac{1}{4}$ cup dried cranberries
- 1-2 tbsp mixed seeds, slightly roasted (pumpkin seeds, sunflower seeds and hempseeds)
- Balsamic vinaigrette

Method:

1. To make the cashew cheese, blend the cashews with water and lemon juice in a high-speed blender until smooth.
2. Scoop the mixture into a bowl and add the nutritional yeast, onion powder, chives, parsley, shallots, salt and pepper and mix thoroughly. (You can store in the fridge in a sealed container for up to one week).
3. To assemble, spread the cashew cream on the toast, top with sliced avocado, cranberries and seeds and pour a bit of balsamic vinaigrette over the top.



Sweet Buckwheat & Oat Omelette

This Buckwheat and Oat Omelette is a very easy breakfast recipe using pantry staples. Simply add the oats and buckwheat to a blender or food processor to create a flour. The overripe banana acts as the egg replacement to make this sweet omelette vegan.

Ingredients:

- 1 tbsp oats (gluten-free if required)
- 1 tbsp buckwheat
- 2 bananas
- 5 oz (about ½ cup) apple sauce
- A pinch of salt
- 1 tsp vanilla extract
- 1 tsp coconut oil
- Coconut yogurt
- Handful of blueberries
- Slivered almonds



Method:

1. Place the oats and buckwheat into a blender, blend until finely ground, add one banana, apple sauce, salt and vanilla extract and blend until fluffy.
2. Heat the coconut oil in a fry pan over a low/medium heat, pour in the batter and spread out with a spatula. Once the edges are golden brown, flip the oat omelette over and cook on the other side until golden brown.
3. Tip the blueberries in a small bowl, roughly mash with a fork and mix in the coconut yogurt. Serve the omelette with the blueberry coconut yogurt, sliced banana and slivered almonds.



Anti-Inflammatory Mains Recipes



Asian Coleslaw with Peanut Butter Sauce

This is literally a bowl of fresh produce served with a dreamy peanut sauce that makes you feel like you're not just having vegetables. Cruciferous vegetables like cabbage contain many different antioxidants that have been shown to reduce chronic inflammation. This salad is quick and easy to make and you can create the sauce ahead of time and simply add it to the salad when needed.

Ingredients:

- 🥑 2 cups shredded cabbage, green and purple
- 🥑 2 carrots, grated
- 🥑 ½ red bell pepper, cut into small matchsticks
- 🥑 ¼ cup sliced green onions
- 🥑 ¼ cup fresh parsley, chopped

For the peanut butter sauce:

- 🥑 2 tbsp unsalted peanut butter
- 🥑 4 tbsp warm water
- 🥑 1 Medjool date, pitted
- 🥑 ½ tbsp apple cider vinegar
- 🥑 1 tsp miso paste
- 🥑 ¼ tsp grated ginger

Method:

1. Place the salad ingredients in a bowl and toss to combine.
2. To make the dressing, blend the peanut butter, date, water, miso, vinegar and ginger.
3. Toss the salad with the desired amount of dressing. Refrigerate for at least 1 hour and toss again before serving.



Butternut Squash and Rosemary Soup

This is a quick and easy pureed soup that only takes thirty minutes to make. The rosemary adds a delicious rustic flavor and the quinoa helps to make it a protein-rich and satisfying meal. Orange produce is known for its Vitamin C content which is important for the immune system and wound healing. It's also high in potassium, a mineral that helps regulate blood pressure and ensures proper functioning of the muscles and nerves.

Ingredients:

-  2 cups butternut squash, diced
-  Olive oil, to coat vegetables
-  2 stalks celery
-  1 small brown onion
-  2 cloves garlic
-  1 small sweet potato
-  $\frac{2}{3}$ cup vegetable stock
-  $\frac{2}{3}$ cup quinoa, cooked
-  2 sprigs rosemary

Method:

1. Preheat oven to 350°F.
2. Pull rosemary off stem and finely chop.
3. Toss butternut squash and sweet potato in rosemary and oil and place in oven until soft, about 25 minutes.
4. In a saucepan, sauté celery, onion and garlic.
5. Add sweet potato, butternut squash and stock and simmer on low heat for about 15 minutes.
6. Mix through quinoa and blend with a bay mix until soup is smooth. Add more water if needed. Serve while still warm.



Tuscan Vegetable Stew

This hearty vegetable stew is bursting with a variety of vegetables which work together to create a deep, rich, flavorful dish. The oregano adds a true Italian flavor. Beans are packed with protein which will help to keep you satisfied and the diversity of vegetables feed the beneficial bacteria in your gut to help reduce inflammation and prevent disease. You can control the final product by leaving the stew more broth-y or cooking it down to a thicker consistency.

Ingredients:

-  2 cups cannellini beans, cooked
-  1 cup white potato, diced
-  1 cup golden sweet potato, diced
-  ¾ cups celery, sliced
-  2 carrots, diced
-  1 ½ cups Tuscan or curly kale, roughly chopped
-  ½ medium onion, diced
-  2 cloves garlic, minced
-  1 can diced tomatoes
-  ½ cup brown lentils
-  1 ½ tbsp dried oregano
-  ¼ small red onion, sliced into rings
-  2 cups vegetable stock
-  2 tbsp olive oil
-  Salt and pepper, to taste
-  1 pinch red pepper flakes

Method:

1. In a large saucepan, heat the olive oil. Add the onion, garlic, carrots, oregano and red pepper flakes and cook over low heat for 20 minutes until softened.
2. Add the white and sweet potato, beans, lentils diced tomato and celery and cover with vegetable stock. Add more water if needed. Bring to a boil, reduce the heat and simmer for 30 minutes.
3. Add the kale and cook for a further few minutes.
4. Season with salt and pepper to taste, top with red onion and serve warm.



SERVES 2.

Farro & Mushroom Risotto

Farro is a nutrient-rich ancient whole grain that's soft, chewy and nutty when cooked. It is versatile and adaptable to many cuisines and makes a great risotto alternative to arborio rice. It is high in both protein and fiber and promotes gut health. Mushrooms are a rich, low calorie source of fiber, protein, and antioxidants. They help to modulate the immune system and are also known to reduce the risk of developing serious health conditions, including Alzheimer's, heart disease, cancer, and diabetes.



Ingredients:

- 🥦 ½ brown onion, diced
- 🥦 3 cloves garlic, minced
- 🥦 8 oz mushrooms
- 🥦 1 cup farro
- 🥦 2-3 cups vegetable broth
- 🥦 ¼ cup nutritional yeast
- 🥦 2 tbsp chopped parsley

Method:

1. In a saucepan, heat 2-3 tbsp of water and sauté onions, garlic, and mushrooms until tender. Add additional water if required.
2. In another saucepan, toast farro for 3-4 minutes on low heat. Add ½ cup broth to the farro and stir until broth is absorbed. Continue adding broth ½ cup at a time, stirring intermittently, until all vegetable broth is absorbed and farro is cooked, about 15 minutes.
3. Remove from heat, stir in mushroom mixture, nutritional yeast and parsley. Serve warm.

Plant-based Onigirazu

These plant-based onigirazu are a wonderful alternative to the traditional sushi. You can add whatever veggies you like or tofu which is a great source of plant-based protein. Seaweed is a valuable source of essential fatty acids for those who are plant-based as they are one of the few plant groups that contain the omega-3 fatty acids EPA and DHA. EPA and DHA help to reduce inflammation and are incredibly important for gut, brain and heart health.

Ingredients:

- 🥑 1 ½ cups uncooked short or medium-grain brown rice
- 🥑 1 avocado, sliced
- 🥑 1 cucumber, cut in half and sliced thinly
- 🥑 ½ cup leafy greens of choice
- 🥑 Other vegetables of choice
- 🥑 Nori seaweed sheets
- 🥑 Tamari, to serve



Method:

1. Cook the brown rice according to package instructions.
2. Place a sheet of Nori seaweed shiny side down. Place a bowl of water next to you for dipping your fingers into and wet your fingers with a little bit of water so that the rice won't stick to your hands as much.
3. Spread ¾ cup of rice in the middle of the nori sheet and use your hands to shape it into a square of 1/2 inch thickness. Form the square so that the flat side is facing you.
4. On top of the rice square, layer the avocado, cucumber and leafy greens.
5. Fold in two opposite points of the nori sheet so that they meet on top of the rice. Use a bit of water to help them stick together where they meet. Tuck in and fold the other two points to completely enfold the rice and fillings inside the nori. Use a little bit of water to close and seal the sandwich. Set it aside for 5 minutes while preparing the remaining nori sandwiches.
6. Cut the onigirazu in half using a sharp, slightly wet knife and serve with tamari.

Lentil & Quinoa Salad with Roast Vegetables



With the combination of the lentils and quinoa, this salad is hearty and filling, and makes for a delicious main meal. Lentils are a great source of plant-based protein. They're also an excellent source of iron, B vitamins, magnesium, potassium and zinc. Quinoa too, is packed with protein which helps to stabilise blood sugar and keep your bowels regular. Quinoa is also high in anti-inflammatory phytonutrients, so this salad is a great option to help keep inflammation at bay and for the prevention of disease.



Ingredients:

-  1 ½ cups butternut squash, diced
-  3 cups spinach
-  ¾ cup quinoa
-  ¾ cup brown lentils
-  ¼ cup red onion, diced
-  Handful of slivered almonds
-  ¼ cup dried cranberries
-  1 tbsp olive oil
-  2 tsp dried thyme

Dressing:

-  1 tbsp red wine vinegar
-  1 tbsp honey
-  2 tbsp olive oil
-  1 garlic clove
-  ¼ tsp allspice powder
-  ¼ tsp ginger powder
-  Salt and pepper to taste

Method:

1. Toss butternut squash with 1 tbsp olive oil, thyme, salt and pepper and place on baking sheet in oven. Roast for 20-25 minutes or until soft.
2. Cook lentils and quinoa according to package instructions and drain.
3. Spread the spinach leaves out on a plate.
4. Combine all the rest of the salad ingredients in a bowl and then transfer to the plate, placing it on a bed of spinach leaves.
5. To make the dressing, place the ingredients in a jar and shake well. Pour over the salad and serve.

Vegetarian Pad Thai

This is a delicious and healthy alternative to buying Pad Thai takeout with all the added flavors and preservatives that increase inflammation and your risk of chronic disease. You can change it up by adding other vegetables you desire. Serve with bean sprouts and anti-inflammatory nuts such as cashews and almonds to add a bit of a crunch.

Ingredients:

-  Handful udon noodles, cooked according to packet instructions
-  1 red onion, sliced
-  4 garlic cloves, minced
-  1 tbsp sesame oil
-  3 ½ oz firm tofu, diced (optional)
-  1 cup red and yellow bell pepper, sliced
-  1 carrot, sliced or grated in long, thin strips
-  10 green beans
-  1 tsp tamarind paste
-  3 tbsp tamari
-  1 tbsp honey

For topping:

-  Handful bean sprouts
-  Handful cashews and almonds, chopped
-  Handful cilantro leaves

Method:

1. Place the noodles in a bowl, cover with hot water and set aside.
2. Sauté onion and garlic in sesame oil until transparent and fragrant.
3. Add tofu if desired and fry until slightly browned. Add the bell pepper, green beans and carrot and cook until slightly soft.
4. Meanwhile, mix together the tamarind paste, tamari and honey in a bowl.
5. Add the tamari, tamarind and honey sauce along with the precooked noodles to the vegetables and mix to combine.
6. Serve, topped with bean sprouts, chopped nuts and cilantro.



Wholegrain Sandwiches with Homemade Hummus, Avocado & Tomato

The hummus in this recipe is very easy to make and it tastes better and is so much more satisfying than anything you will find at a store. It comes together quickly with chickpeas, tahini and basic plant-based pantry staples. It is rich in fiber and protein and combined with the avocado, tomato and whole grain bread makes for a delicious and satisfying lunch.



Ingredients:

- 🥑 4 slices wholegrain seeded bread
- 🥑 1 avocado, diced
- 🥑 2 tomatoes, diced
- 🥑 ½ red onion, sliced
- 🥑 Fresh basil leaves

To make the hummus:

- 🥑 1 tbsp extra virgin olive oil
- 🥑 1 ½ tsp sesame oil
- 🥑 1 tbsp fresh lemon juice
- 🥑 3 tbsp tahini
- 🥑 1 cup chickpeas, drained/rinsed
- 🥑 2 cloves garlic
- 🥑 ½ tsp cumin powder
- 🥑 ½ tsp, paprika powder
- 🥑 Black pepper to taste
- 🥑 ½ tsp fine sea salt

Method:

1. To make the hummus, add all the ingredients (minus the oils) to a food processor and blend until the desired consistency is achieved. Add water if needed.
2. Stream in the oils last, while the processor is running to combine.
3. To assemble the sandwiches, spread two of the bread slices with a generous layer of hummus. Top with the tomato, avocado, onion and fresh basil leaves and place the other slices on top to make a sandwich.
Enjoy!

Red Lentil & Sweet Potato Curry

This warming, aromatic curry is flavorful, filling and a dish you can make in bulk and pull out of the freezer when you need. Lentils are one of the world's oldest health foods. They were first grown in the Middle East in 8000 BC. They contain a myriad of nutrients such as iron, folate, fiber and potassium. Sweet potatoes also are highly nutritious and a great source of fiber and many vitamins and minerals that promote gut health, support your immune system and reduce inflammation. This curry is best served with quinoa or brown rice.

Ingredients:

- 🥬 1 cup red lentils
- 🥬 2 tbsp olive oil
- 🥬 1 yellow onion, diced
- 🥬 3 garlic cloves, minced
- 🥬 1 tsp finely grated ginger
- 🥬 1 cup diced tomatoes
- 🥬 2 medium sweet potatoes, diced into ½ inch cubes
- 🥬 Sea salt, to taste
- 🥬 1 cup coconut milk (optional)
- 🥬 Juice of ½ lemon (or lime)
- 🥬 1 tsp yellow mustard seeds
- 🥬 ½ tsp ground cumin
- 🥬 ½ tbsp ground coriander
- 🥬 ½ tsp turmeric
- 🥬 Pinch cloves
- 🥬 ¼ tsp cardamom
- 🥬 Pinch of salt and black pepper, to taste
- 🥬 Handful fresh cilantro, chopped



Method:

1. Heat up oil in a medium to large saucepan on medium heat. Once the oil is hot, add the mustard seeds and wait until they start popping, stirring occasionally.
2. Add the onion and sauté until it becomes soft and translucent. Add the garlic, ginger, ground cumin, coriander, turmeric, cloves and cardamom and stir frequently to prevent the mixture from sticking to the pan. Cook for approximately 2 minutes until all the spices are fragrant.
3. Add the diced tomatoes and 1 cup of water. Cover and cook for a few minutes.
4. Add rinsed lentils, sweet potato & 2 more cups of water.
5. Let everything come to a gentle boil, simmer covered until sweet potato is tender and the curry thickens. Add more water if required.
6. Add coconut milk (if desired) and cook for a further 5 minutes to allow the curry to thicken.
7. Season to taste with salt, pepper and lemon juice and top with cilantro. Serve with quinoa or brown rice.

Roasted Eggplant with Quinoa Salad & Pine nuts

Eggplants are a nutrient-dense food as they contain good amounts of vitamins, minerals, and fiber in few calories.

They are high in antioxidants which help to prevent many types of chronic inflammatory diseases such as heart disease and cancer.



Method:

1. Cut the eggplants in half lengthwise. With a knife, slice the flesh of the eggplant in a diamond crisscross pattern. Squeeze the eggplants to open the cuts and sprinkle the top and insides with salt. Set aside for 30 minutes.
2. Preheat the oven to 400°F and line a baking tray with parchment paper. After 30 minutes, gently squeeze the edges to release the juice, and wipe the surfaces dry with a paper towel. Place on baking tray with the fleshy side up and brush each half with olive oil. Roast until the top of the eggplants begin to brown, about 1 hour.
3. Meanwhile, in a medium pot over high heat, bring the quinoa, water and ½ tsp salt to a boil, stirring occasionally. Reduce the heat to low, and simmer until the quinoa has fully absorbed the water, about 15 minutes. Remove from the heat and set aside.

Ingredients:

- 🥑 2 eggplants
 - 🥑 2 cups quinoa, rinsed & drained
 - 🥑 4 cups water
 - 🥑 Salt, to taste
 - 🥑 2 tbsp extra virgin olive oil
 - 🥑 Freshly ground pepper
 - 🥑 ½ tsp red chili flakes
 - 🥑 Handful of pine nuts
 - 🥑 ¼ cup fresh parsley, chopped
 - 🥑 1-2 tbsp lemon juice
4. Take the eggplant halves out of the oven and let cool for at least 10 minutes. Using a tablespoon, scoop all the flesh of two of the halves of the eggplant into a large serving bowl.
 5. Add the cooked quinoa to the bowl along with the lemon juice and parsley. Season with salt and pepper.
 6. Spread the quinoa mixture over the other two eggplant halves and top with fresh parsley and pine nuts.

Smoky Jackfruit Tacos

This smoky jackfruit recipe is incredibly easy to make, and great for preparing ahead of time. Jackfruit is incredibly versatile and is perfect for just about absorbing any sauce or flavor. It is also highly nutritious as it contains some of almost every vitamin and mineral that you need, as well as a decent amount of fiber.

Ingredients:

- 🥑 6 tacos
- 🥑 1 cup lettuce, shredded
- 🥑 16 oz (2 cups) jackfruit in water or brine, drained and rinsed
- 🥑 1 tbsp olive oil
- 🥑 ½ small yellow onion
- 🥑 2 cloves garlic, minced
- 🥑 1 jalapeno, seeded and finely chopped (optional)
- 🥑 ¼ tsp salt
- 🥑 ½ tbsp ground smoked paprika
- 🥑 ½ tbsp ground cumin
- 🥑 1 tsp ground coriander
- 🥑 ¼ tsp chili powder
- 🥑 Corn tacos
- 🥑 Red Cabbage
- 🥑 Red bell pepper
- 🥑 Cilantro

For the peanut butter sauce:

- 🥑 2 tbsp unsalted peanut butter
- 🥑 4 tbsp warm water
- 🥑 1 Medjool date, pitted
- 🥑 ½ tbsp apple cider vinegar
- 🥑 1 tsp miso paste
- 🥑 ¼ tsp grated ginger

Method:

1. Place the drained jackfruit in a bowl and using your fingers, break apart the chunks of jackfruit into shreds.
2. In a large saucepan over medium heat, heat the olive oil. Add the onion and cook until soft and translucent, about 5 minutes. Add the garlic and jalapeno (if using) and cook for another minute.
3. Add the shredded jackfruit to the pan and stir well. Add the ground cumin, coriander, smoked paprika, chili powder and a pinch of salt. Stir to combine and cook for another 4 to 5 minutes, or until the jackfruit is browned.
4. To make the peanut butter sauce, blend the peanut butter, date, water, miso, vinegar and ginger.
5. If using tortillas, warm on medium heat in a fry pan or prepare the tacos on a plate. Place a large spoonful of cooked jackfruit in the center of each tortilla (or taco) and top with red cabbage, lettuce, red bell pepper and fresh cilantro. Pour over a dollop of peanut butter sauce and enjoy.



Lentil & Eggplant Lasagne

This is a delicious, plant-based alternative to the regular dairy-laden lasagne. Lentils are a great source of protein and chock full of fiber and minerals along with several antioxidant and anti-inflammatory compounds. Eggplants are also nutrient-dense and high in antioxidants which help to prevent many types of chronic inflammatory diseases such as heart disease and cancer. Enjoy with a fresh green salad.

Ingredients:

-  1 tbsp olive oil
-  1 red onion, peeled and chopped
-  2 garlic cloves, minced
-  1 eggplant, roughly chopped
-  1 red bell pepper, deseeded
-  2 x 400g can crushed tomatoes
-  1 cup green lentils, cooked & drained
-  ¼ cup fresh basil, plus more for serving
-  1 tbsp dried oregano
-  ½ tsp red chili flakes
-  Salt and pepper to taste
-  Lemon, for serving

Method:



1. Preheat the oven to 375°F.
2. Cut off the ends of the eggplant, then slice lengthwise about ¼-inch thick.
3. Sprinkle the eggplant slices on both sides with sea salt and let sit for 10 minutes. The salt helps to draw out the moisture. Pat dry with paper towel to remove excess liquid.
4. Place the eggplant slices under the grill for 5-10 minutes until slightly browned.
5. In a medium saucepan, heat a drizzle of olive oil over medium heat and add the onion. Cook for 2 minutes and then add the garlic and red pepper flakes. Sauté until the garlic is fragrant but not browned.
6. Meanwhile, in a food processor, place the red bell pepper and diced tomatoes and blend until the red bell pepper is crushed and incorporated into the tomato mixture.
7. Add the majority of the crushed tomato and pepper mixture to the onion and garlic but set aside approximately ¾ of a cup. Add the dried oregano and cooked lentils to the saucepan and simmer for about 10 minutes, reducing the heat if the sauce begins to bubble too much. Add the basil and stir to combine.
8. To assemble the lasagne, in a small to medium baking dish, add enough sauce to cover the bottom and spread to coat evenly. Add a layer of the eggplant slices, covering the bottom of the dish completely. It's okay if the eggplant slices overlap a little. Scoop half the lentil mixture on top and spread evenly, followed by another layer of eggplant slices. Top with the remainder of the lentil mixture, the last eggplant slices and a thin layer of sauce.
9. Bake for approximately 30 minutes, making sure the eggplant doesn't get too brown. Remove the lasagne from the oven and let cool for 15-20 minutes before serving. Garnish with fresh basil and squeeze a bit of lemon on top.



Crispy Tofu & Red Rice Salad

This dish is easy to make and well-rounded in terms of macro and micronutrients. Red rice contains anthocyanin, a health-promoting compound that lends this rice a rich red color. It is anti-inflammatory and anti-bacterial, and has the capacity to lower blood pressure, prevent diabetes, improve vision and even reduce cancer cells.

Ingredients:

- 🥑 1 cup tofu, cubed
- 🥑 1 cup red rice, cooked
- 🥑 ½ green bell pepper, sliced thinly
- 🥑 ¼ red onion, diced
- 🥑 ¼ cup cashews
- 🥑 ½ mango, diced
- 🥑 ¼ cup cilantro leaves

For the dressing:

- 🥑 Juice of ½ lemon
- 🥑 1 tbsp olive oil
- 🥑 1 clove garlic, minced
- 🥑 ½ tsp honey
- 🥑 1 tsp coconut aminos

Method:

1. Place the olive oil in a pan and sauté the tofu cubes over medium heat until golden brown.
2. Place all salad ingredients in a bowl.
3. To make the dressing, combine the ingredients in a small jug and whisk with a fork to combine.
4. Pour over salad and enjoy.



Cream of Broccoli Soup

One way to get your broccoli in is in this deliciously creamy soup. Broccoli is absolutely packed with nutrients and phytochemicals which help to protect against a range of chronic inflammatory diseases. The one nutrient that is of particular interest is a phytochemical called sulforaphane. Sulforaphane is a sulphur-rich compound that activates Nrf2 pathways which regulates a variety of antioxidant, detoxification cell survival genes, lowers inflammation and inhibits cancerous cell growth.

Ingredients:

- 🥦 1 white onion
- 🥦 4 cloves garlic, minced
- 🥦 2 carrots, chopped into small pieces
- 🥦 1 potato, chopped into small pieces
- 🥦 2 stalks celery, chopped
- 🥦 6 cups broccoli, chopped
- 🥦 3 cups vegetable stock
- 🥦 1 cup plant-based milk
- 🥦 ½ cup raw cashews
- 🥦 Handful of mint leaves
- 🥦 Salt and pepper, to taste

For serving:

- 🥦 1 tbsp seeds of choice
- 🥦 Mint leaves



Method:

1. Add the onion, garlic, carrots and celery to a medium pot with a few tablespoons of the vegetable stock and sauté until they start to soften and become fragrant.
2. Add the broccoli, raw cashews, stock, mint leaves and plant-based milk and simmer over medium heat until all the vegetables are soft and tender, about 20 minutes.
3. Carefully pour the soup into a blender and blend on high until smooth.
4. Pour into bowls and top with a splattering of milk, seeds and fresh mint leaves.

Cauliflower & Potato Curry

This Cauliflower and Potato curry is quick and easy to make and can be stored in the freezer to pull out when needed. Cauliflower is low in calories, and is also a good source of vitamin C, K and B6. It is also a good source of fiber which is important for digestive health and may reduce the risk of chronic diseases. Cauliflower is high in antioxidants, which protect your cells from harmful free radicals and inflammation. To add more protein to this vegan curry, you could simply add some canned chickpeas or butterbeans. You could also give the curry a green boost by stirring in some spinach or kale.



Ingredients:

-  1 tbsp olive oil
-  3 shallots, peeled and diced
-  2 garlic cloves, crushed
-  16 oz cauliflower cut into florets
-  12 oz potatoes, peeled and diced
-  1 ½ tbsp fresh ginger, minced
-  3 tbsp curry powder
-  ¼ tsp chili powder
-  1 x 400g can (14 oz) diced tomatoes
-  3 cups vegetable stock
-  1 cup coconut milk
-  Cilantro, to serve

Method:

1. Heat the olive in a large pan.
2. Add the shallots, ginger and garlic and cook on low heat for approximately 5 minutes, until softened.
3. Add the curry powder and chili powder. Stir and cook for a further minute.
4. Add the tomatoes, potatoes and stock. Mix well and cover with a lid. Cook on low heat for about 25 minutes.
5. Add the stock and cauliflower. Mix well, cover and cook for a further 20 minutes.
6. Stir in the coconut milk.
7. Serve with brown rice or quinoa and top with fresh cilantro.

Green Pea & Mint Falafel with Baked Sweet Potatoes & Garden Salad

 **SERVES 2.**

These delicious Green Pea and Mint Falafels are the perfect combination of hearty and fresh with the flavors of the chickpeas, green peas and mint. Served alongside a salad and freshly baked sweet potatoes, this meal will become one of your favorites. Your gut bacteria will also love the diversity of plant foods it contains.

Ingredients:

-  2 cups collard greens, kale or silverbeet
-  1 ½ cup chickpeas, rinsed and drained
-  ½ cup green peas
-  ½ cup fresh mint leaves
-  2 cloves garlic, minced
-  1 tbsp tahini
-  1 tbsp olive oil
-  1 tbsp lemon juice
-  ½ tsp ground cumin
-  Pinch of salt and pepper
-  2 tbsp oat flour

For the baked sweet potatoes:

-  1 sweet potato, cut in wedges
-  1 tsp sweet paprika
-  1 tbsp olive oil
-  Pinch salt and pepper

For the salad:

-  1 cup mixed greens
-  1 tomato, diced
-  ½ carrot, grated
-  ½ beetroot, grated
-  ¼ red onion, sliced
-  ½ lemon
-  2 tbsp tahini



Method:

1. Preheat the oven to 350°F and line two trays with baking paper.
2. On one tray, place the sweet potato wedges and drizzle with olive oil. Using a sieve, sprinkle the sweet paprika over the sweet potato and add a pinch of salt and pepper. Place in the oven and bake for 50-60 minutes, until starting to brown.
3. Meanwhile, add the falafel ingredients to a food processor and pulse until it forms a wet, sticky mixture. If too dry, add more lemon juice or olive oil.
4. Scoop out tablespoon sized balls of falafel mix and place them on the tray. Squash them with a fork to make the correct shape. You can also use your hands to shape if you find that easier.
5. Bake for 35-40 minutes until crispy on the outside and soft on the inside. Remove and let cool slightly before removing from the tray.
6. Assemble the salad ingredients on a plate and squeeze lemon juice over the top for a dressing.
7. Place the baked sweet potato and falafels beside the salad and enjoy with tahini.

Quinoa Butternut Squash Salad with Avocado & Pomegranate



Served with a creamy vegan dressing, this colorful salad is delicious and easy to make. It's also extremely health-promoting as it's packed full of nutrient-dense foods such as quinoa and broccoli. Quinoa is one of the best foods you can incorporate into your diet if you are plant-based. It is high in protein, fiber, magnesium, B vitamins, iron, potassium, calcium and various beneficial antioxidants that fight free radicals and prevent inflammation.

Ingredients:

- 🥑 1 cup white quinoa, cooked
- 🥑 1 cup butternut squash, peeled and diced into small cubes
- 🥑 1 cup broccoli florets, lightly steamed
- 🥑 1 cup rocket leaves, loosely packed
- 🥑 1/3 cup alfalfa sprouts
- 🥑 1 avocado, cut in half and sliced
- 🥑 1/4 cup pomegranate seeds
- 🥑 1/4 cup pistachios

For Green Sauce Dressing:

- 🥑 1/3 cup raw cashews (covered in boiling water and soaked 1-8 hours)
- 🥑 1/4 cup packed fresh basil & chives
- 🥑 1 garlic clove, peeled
- 🥑 1 1/2 tbsp fresh lemon juice
- 🥑 1/2 tbsp extra virgin olive oil
- 🥑 Pinch of salt
- 🥑 2 tbsp ice water

Method:

1. Preheat the oven to 350°F.
2. Place the diced butternut squash on an oven tray and drizzle with olive oil. Bake in the oven for approximately 20 minutes until the butternut is soft and slightly browned. Remove and let cool for 15 minutes.
3. Combine salad ingredients in a bowl.
4. To make the dressing, combine the ingredients in a high-speed blender or food processor. Blend, increasing the speed to medium, until the dressing is creamy-smooth, adding more ice water as needed until you like the consistency. Taste, adding more lemon or salt if you like. You can refrigerate in an airtight container for up to one week.
5. Pour the salad dressing over the salad and enjoy.



Tofu & Spinach-stuffed Pancakes

This delicious twist to a French classic is ideal for a warming lunch or dinner. Tofu is a good source of plant-based protein and contains all nine essential amino acids. It is a valuable source of plant-based iron and calcium and the minerals manganese and phosphorus. It also contains magnesium, copper, zinc, and vitamin B1.

Ingredients:

-  1 cup all-purpose wholemeal flour
-  2 tbsp corn flour
-  ½ tsp salt
-  Pinch black pepper
-  4 cloves garlic
-  ½ cup non-dairy milk
-  8 oz tofu
-  1 yellow onion
-  10 leaves spinach
-  ¼ cup fresh basil, packed

Method:

1. Combine flour, corn flour, non-dairy milk and salt and mix until smooth. Set aside for 30 minutes.
2. Heat a small non-stick skillet or crepe pan over medium heat. Brush pan with some olive oil.
3. Pour approximately ¼ cup batter into the center of pan, swirling pan to coat. Cook for about 1 minute or until bottom is a light golden color. Flip and cook for 30 seconds. Transfer to a plate and repeat with remaining batter. Stack crepes between waxed paper. (You can refrigerate for up to 3 days or freeze for up to 1 month.)
4. Mash the tofu with a fork and add boiled spinach leaves, basil leaves, salt and pepper.
5. Meanwhile, fry the onion and garlic in a fry pan. Add the tofu mixture and fry for a further 3 minutes.
6. To assemble, place approximately 3 tbsp of the tofu mixture on a pancake and roll. Enjoy with a sprinkle of lemon juice and fresh basil.



Butterbean-stuffed Sweet Potato with Avocado

Sweet potatoes are a plant-based staple as they're filling, delicious and packed full of nutrients. They are a great source of fiber and many vitamins and minerals that promote gut health, support your immune system and reduce inflammation. Served with butterbeans, which are high in protein, and avocados, which contain heart-healthy fats, this dish makes for a well-rounded and satisfying meal.



Ingredients:

-  2 golden sweet potatoes, skins washed
-  1 can butter beans
-  1 ½ cups crushed tomatoes
-  1 small yellow onion
-  1 garlic clove, minced
-  2 tsp dried coriander
-  Salt and pepper, to taste
-  ½ red bell pepper, finely diced
-  1 celery stick, finely diced
-  Fresh cilantro
-  Avocado
-  Lemon, to serve

Method:

1. Preheat the oven to 375°F.
2. Place the two sweet potatoes on baking paper on a tray and stab in a number of places with a fork. Bake in the oven for 1 hour or until the potatoes are soft and cooked through.
3. Meanwhile, in a fry pan, with 1 tbsp of olive oil, cook the onions, bell pepper, celery and garlic for 5 minutes until they have softened. Add the ground cilantro and stir in.
4. Add the crushed tomatoes and 1 cup of water and cook for 10 minutes.
5. Add the butter beans and salt to taste, and simmer for a further 10 minutes.
6. Once the potatoes are cooked, cut a slit in each of the tops and place on a plate. Scoop the tomato butterbean mixture into the slits and top with fresh cilantro and avocado. Serve with fresh lemon.

Rigatoni with Creamy Avocado Basil Sauce

This pasta dish served with a creamy avocado basil sauce is as easy as boiling pasta and throwing ingredients into a blender. It's a no-fuss, quick recipe that's wonderfully satisfying. It's a delicious dinner recipe that's perfect for a busy weekday evening. It's also nutrient-dense- full of omega-3 fatty acids that work to reduce inflammation and prevent chronic disease.



Ingredients:

- 🥑 8 oz rigatoni pasta (or pasta of choice)
- 🥑 1 large ripe avocado, deseeded and halved
- 🥑 1 cup basil leaves
- 🥑 ¼ cup cilantro leaves
- 🥑 ½ lemon, juice and zest
- 🥑 1 garlic clove, minced
- 🥑 1 tbsp olive oil
- 🥑 ¼ cup water
- 🥑 Salt and pepper to taste
- 🥑 Nutritional yeast, optional

Method:

1. Cook the pasta according to package instructions.
2. To prepare the creamy avocado sauce, add all of the ingredients to a blender and blend into a smooth sauce. Add more water to make it less thick if needed.
3. Combine with the pasta and season with salt and pepper. Top with nutritional yeast if desired.

Mexican-style Black Beans

This classic Mexican-style dish is made with black beans, tomatoes, red bell pepper and a blend of pantry-friendly spices. It is a protein-heavy meal that can easily be prepared in less than half an hour. Besides protein, black beans are a good source of iron, magnesium, thiamine, folate and other micronutrients. They also have high levels of flavonoids, particularly anthocyanin which have antioxidant abilities and can help keep inflammation at bay.

Ingredients:

-  2 tbsp olive oil
-  1 yellow onion, diced
-  1 cup red bell pepper, diced
-  2 garlic cloves, minced
-  1/8 tsp chili powder
-  1 tbsp smoked paprika
-  1 tsp ground cumin
-  1/2 tsp ground cinnamon
-  3 cups black beans, washed and drained
-  1 1/2 cups diced tomatoes
-  1 tbsp tomato paste
-  2 cups veggie broth
-  2 bay leaves
-  Salt and pepper to taste
-  Fresh cilantro, roughly chopped



Method:

1. In a medium fry pan over medium heat, add the olive oil. Once warm, add the chopped onion and bell pepper. Cook for about 5 minutes before adding the garlic. Cook for a further 2 minutes.
2. Add the spices: chili powder, smoked paprika, cumin, cinnamon, salt and pepper to taste.
3. Add the black beans, diced tomato, tomato paste and veggie broth. Increase heat and bring to a boil.
4. Add bay leaves. Once at a boil, lower temperature and let simmer for 10 minutes. If you want a thicker chili, simmer without a lid for an additional 5 minutes or stir in a bit of flour.
5. Top with fresh cilantro and serve with tortilla wraps or brown rice and avocado.



SERVES 2.