



December Plant-Based Recipe Pack

*Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies*

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Contents & Key

- 6 Bounty Overnight Oats
- 8 Harissa Butter Beans On Toast
- 10 Blueberry Smoothie
- 12 Cashew Cream
- 14 Buckwheat Crepes With Sautéed Mushrooms
- 16 Tofu & Kale With Coconut-Peanut Sauce
- 18 Moroccan Zaalouk: Eggplant & Tomato Dip
- 20 Chickpea & Roasted Pepper Burgers
- 22 Cajun Quinoa With Beans & Walnut 'Meat'
- 24 Cauliflower Nuggets
- 26 Teriyaki Tempeh & Broccoli Stir Fry
- 28 Slow Cooker Broccoli & Turmeric Soup
- 30 Oatmeal Fig Bars
- 32 Maple Sesame Roasted Cashews
- 34 Banana Bread Chia Pudding

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Bounty Overnight Oats	Chickpea & Roasted Pepper Burgers	E.g. Blueberry Smoothie, Oatmeal Fig Bars, Maple Sesame Roasted Cashews, Banana Bread Chia Pudding	Teriyaki Tempeh & Broccoli Stir Fry
Tue	Harissa Butter Beans On Toast	Chickpea & Roasted Pepper Burgers	E.g. Blueberry Smoothie, Oatmeal Fig Bars, Maple Sesame Roasted Cashews, Banana Bread Chia Pudding	Teriyaki Tempeh & Broccoli Stir Fry
Wed	Harissa Butter Beans On Toast	Moroccan Zaalouk: Eggplant & Tomato Dip	E.g. Blueberry Smoothie, Oatmeal Fig Bars, Maple Sesame Roasted Cashews, Banana Bread Chia Pudding	Cajun Quinoa With Beans & Walnut 'Meat'
Thu	Buckwheat Crepes With Sautéed Mushrooms	Cajun Quinoa With Beans & Walnut 'Meat'	E.g. Blueberry Smoothie, Oatmeal Fig Bars, Maple Sesame Roasted Cashews, Banana Bread Chia Pudding	Slow Cooker Broccoli & Turmeric Soup
Fri	Buckwheat Crepes With Sautéed Mushrooms	Tofu & Kale With Coconut-Peanut Sauce	E.g. Blueberry Smoothie, Oatmeal Fig Bars, Maple Sesame Roasted Cashews, Banana Bread Chia Pudding	Slow Cooker Broccoli & Turmeric Soup
Sat	Blueberry Smoothie	Tofu & Kale With Coconut-Peanut Sauce	E.g. Blueberry Smoothie, Oatmeal Fig Bars, Maple Sesame Roasted Cashews, Banana Bread Chia Pudding	Meal Out - Enjoy!
Sun	Bounty Overnight Oats	Cauliflower Nuggets	E.g. Blueberry Smoothie, Oatmeal Fig Bars, Maple Sesame Roasted Cashews, Banana Bread Chia Pudding	Cajun Quinoa With Beans & Walnut 'Meat'



Weekly Shopping List

Fruits, Vegetables	Plant-Based Produce	Seeds, Baking, Spices	Cans, Condiments & Misc
<p>Fruits</p> <ul style="list-style-type: none"> • 2 limes • 4 bananas • 1 lemon • 1 orange <p>Vegetables</p> <ul style="list-style-type: none"> • 2 garlic bulbs • 2 onions • 1 red onion • 12 oz. (340g) pack chestnut mushrooms • bag of spinach • large bag of kale • 1 head of lettuce • 24 oz. (680g) tomatoes • 16 oz. (460g) eggplant (aubergine) • 1 sweet potato • 1 jalapeño pepper • 1 green bell pepper • 1 red bell pepper • 2 carrots • 1 small cauliflower • 3 heads of broccoli • bunch of green onions (spring onions) • 4 leeks • root ginger <p>Dried Fruit</p> <ul style="list-style-type: none"> • figs <p>Frozen</p> <ul style="list-style-type: none"> • blueberries 	<p>Cold</p> <ul style="list-style-type: none"> • natural plant-based yogurt • coconut yogurt • 1 lb. (450g) firm tofu • 8 oz. (230g) tempeh • carton coconut milk • 2 cartons almond milk • vegan butter 	<p>Grains</p> <ul style="list-style-type: none"> • rolled oats • quinoa <p>Nuts & Seeds</p> <ul style="list-style-type: none"> • chia seeds • ground flaxseeds • cashews • walnuts • sesame seeds • black sesame seeds <p>Baking</p> <ul style="list-style-type: none"> • desiccated coconut • 80% dark chocolate • vanilla extract • all-purpose flour • buckwheat flour • oat flour • baking powder • baking soda (bicarbonate of soda) <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> • black pepper • smoked paprika • ground cumin • ground cinnamon • chili powder • cajun seasoning • ground turmeric <p>Fresh Herbs</p> <ul style="list-style-type: none"> • parsley • cilantro (coriander) 	<p>Oils</p> <ul style="list-style-type: none"> • olive oil • coconut oil • sesame oil <p>Sweeteners</p> <ul style="list-style-type: none"> • maple syrup • coconut sugar <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> • 2x 14 oz. (400g) cans light coconut milk • 1x 14 oz. (400g) can butter beans • 1x 14 oz. (400g) can chickpeas • 1x 14 oz. (400g) can red kidney beans • jar harissa paste • jar tahini • tamari sauce • Sriracha sauce • teriyaki sauce (vegan) • jar mayonnaise • jar natural peanut butter • jar almond butter • jar roasted red peppers • panko breadcrumbs • vegetable broth (vegetable stock or stock cubes) • nutritional yeast flakes • pack Udon noodles <p>Other</p> <ul style="list-style-type: none"> • sea salt • sliced bread • 5 burger buns





Bounty Overnight Oats

Serves 2

- 1 cup (100g) rolled oats
- 13.5 fl. oz. (400ml) can light coconut milk
- 4 tbsp. desiccated coconut, unsweetened
- 2 tbsp. chia seeds
- pinch sea salt
- 1.5 oz. (40g) 80% dark chocolate, melted

What You Need To Do

1. Place all the ingredients into a bowl with the exception of the melted chocolate. Mix to combine and divide between two jars or glasses.
2. Pour over the melted chocolate and place in the refrigerator. Chill for a minimum of 2 hours or overnight.

DF	MP	V
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	2 hrs	442	22	52	10	10

*Nutrition per serving





Harissa Butter Beans On Toast

Serves 2

1 tbsp. olive oil
2 cloves garlic, chopped
pinch salt
1x 14 oz. (400g) can butter beans, drained
2 tbsp. plant-based yogurt
2 tsp. harissa paste
1 lime, juiced
2 slices bread, toasted
1 tbsp. fresh parsley, chopped

What You Need To Do

1. Heat the olive oil in a pot over a medium heat. Add the garlic and a pinch of salt, cook for 3 minutes.
2. Now add the butter beans and cook gently for 5 minutes. Stir in the yogurt, harissa paste and lime juice. Mix well and cook for a further 5 minutes. Meanwhile, toast the bread.
3. To serve, spoon the beans over the toasted bread and sprinkle with chopped parsley.

DF V Q



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	15 mins	291	10	41	12	10

*Nutrition per serving





Blueberry Smoothie

Serves 2

1 cup (150g) blueberries,
frozen

2 bananas, sliced, frozen

1 tbsp. ground flaxseeds

1 cup (240ml) coconut milk,
carton

1 tsp. vanilla extract

What You Need To Do

1. Place all the ingredients into a high-speed blender and blitz until smooth. Serve immediately.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	0 mins	377	23	40	4	6

*Nutrition per serving





Cashew Cream

Serves 4

⅔ cup (100g) cashew nuts
2 tbsp. almond milk
1 tbsp. tahini
pinch of salt

What You Need To Do

1. Place the cashew nuts into a pot of boiling water and cook for 5 minutes to soften. Once soft, drain and place into a food processor with the remaining ingredients. Pulse until smooth, adding more almond milk if needed.
2. Serve with the Buckwheat Crepes with Sauteed Mushrooms from this recipe pack.

GF	DF	LC	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	5 mins	167	14	9	4	1

*Nutrition per serving





Buckwheat Crepes With Sautéed Mushrooms

Serves 4

For the crepes:

¾ cup (100g) all-purpose flour
¾ cup (100g) buckwheat flour
1 tsp. baking powder
1 tbsp. ground flaxseeds
1½ cups (350ml) almond milk, unsweetened
4 tsp. olive oil

For the mushrooms:

1 tbsp. olive oil
1 onion, diced
2 cloves garlic
1½ cups (100g) chestnut mushrooms, sliced
1 cup (30g) spinach

4 tbsp. Cashew Cream from this recipe pack

What You Need To Do

1. To make the crepes, mix all the crepe ingredients together until smooth, with the exception of the olive oil.
2. Heat 1 teaspoon of the olive oil in a large non-stick skillet, over a medium-high heat and add around a quarter of the batter. Tilt the pan to spread the mixture right to the edges. Cook for 3 minutes on each side. Repeat until all the batter has been used up.
3. To make the mushroom filling, heat 1 tablespoon of olive oil in a pot over a medium heat. Add the onion and garlic and cook for 5-7 minutes, until soft. Next add in the mushrooms and continue cooking for a further 10 minutes. Finally, add in the spinach and cook for a further 2-3 minutes until the spinach has wilted.
4. To serve, place the crepes onto 4 plates. Spread each crepe with 1 tablespoon of cashew crème, then top with the mushroom and spinach mix. Serve immediately.

DF MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	45-50 mins	448	24	52	11	10

*Nutrition per serving





Tofu & Kale With Coconut-Peanut Sauce

Serves 4

½ cup (155g) natural peanut butter, creamy

½ cup (120ml) coconut milk, unsweetened

2 tbsp. lime juice

2 tbsp. coconut sugar

2 tbsp. tamari sauce

2 tsp. sriracha sauce

1 lb. (450g) kale, stems removed, roughly chopped

1 lb. (450g) firm tofu, cut into cubes

What You Need To Do

1. In a high-speed blender, blitz together the peanut butter, coconut milk, lime juice, coconut sugar, tamari and sriracha sauces. Transfer into a bowl and set aside.
2. Set a steamer rack inside a large pot filled with a couple inches of water. Place the kale on the rack. Bring the water to a boil and steam the kale for 5 minutes. Now place the tofu on top of the kale, cover and continue to steam for a further 5-7 minutes.
3. To serve, divide the kale and tofu between 4 plates and drizzle with the coconut-peanut sauce.

GF DF MP HP V Q N



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	12 mins	400	28	22	24	8

*Nutrition per serving





Moroccan Zaalouk: Eggplant & Tomato Dip

Serves 6

24 oz. (680g) tomatoes,
chopped

16 oz. (460g) eggplant
(aubergine), peeled and
chopped

4 garlic cloves, minced

1 tbsp. smoked paprika

1 tbsp. ground cumin

½ tsp. ground cinnamon

5 tbsp. water

4 tbsp. fresh parsley, chopped

salt & pepper

What You Need To Do

1. Place a large pot over a medium heat and add all of the ingredients, except for the parsley, and stir well. Bring it to a simmer, reduce the heat to low/medium, cover and cook for 15 minutes.
2. Remove the lid from the pot and with the back of the spatula, mash up the tomatoes and eggplant. Cook uncovered for a further 15 minutes, stirring from time to time to stop the mixture sticking, until most of the liquid has evaporated.
3. Add in the freshly chopped parsley and season to taste with salt & pepper. Serve hot or chilled with pitta breads or toasted bread.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	30 mins	49	1	26	0	4

*Nutrition per serving





Chickpea & Roasted Pepper Burgers

Serves 5

For the paprika mayonnaise:

5 tbsp. mayonnaise
1 tsp. smoked paprika
2 tsp. lemon juice
salt

For the burgers:

1 small sweet potato
1 tsp. olive oil + 2 tbsp. extra for frying
1 clove garlic, minced
1 jalapeño pepper, seeded and minced
1 tsp. ground cumin
¼ tsp. chili powder
1x 14 oz. (400g) can chickpeas, drained
¼ cup (60g) roasted red pepper, drained, chopped
5 tbsp. panko breadcrumbs
2 tbsp. fresh parsley, finely chopped
salt & pepper
5 burger buns
lettuce leaves, to serve

What You Need To Do

1. Make the paprika mayonnaise by mixing together the mayonnaise, smoked paprika and lemon juice. Season to taste with salt and set aside.
2. Boil the sweet potato in a small pot until tender, this will take approximately 15 minutes. Drain and cool before cutting into small cubes.
3. In a small skillet, warm 1 teaspoon of olive oil over medium heat. Add the garlic, jalapeño pepper, cumin and chili powder. Stir to combine and cook for a minute.
4. In a food processor, pulse the chickpeas until finely chopped, but not puréed. Transfer into a large bowl and add the roasted red peppers, panko breadcrumbs, parsley, sweet potato and garlic. Season to taste with salt and pepper. Using your hands, mix until well combined and then form the mixture into 5 patties.
5. Place the remaining olive oil in a large skillet over a medium-high heat. Add the patties and cook for 3 minutes on each side, until golden brown.
6. Place a lettuce leaf on the bottom half of each bun, top with a chickpea burger and spoon over the paprika mayonnaise. Serve immediately.

DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
30 mins	25 mins	482	22	61	15	10

*Nutrition per serving





Cajun Quinoa With Beans & Walnut 'Meat'

Serves 6

For the walnut meat:

1 cup (120g) walnuts
2 cups (140g) chestnut mushrooms
2 tsp. ground cinnamon

For the quinoa:

½ cup (125g) dried quinoa
2 tbsp. coconut oil
1 small onion, diced
1 green bell pepper, chopped
2 cloves garlic, minced
1½ tbsp. Cajun seasoning
1x 14 oz. (400g) can red kidney beans, drained
½ cup (120g) vegetable broth
salt & pepper
⅓ cup (10g) fresh parsley, chopped, to garnish

What You Need To Do

1. Cook the quinoa according to instructions on the packaging.
2. In a food processor or high-speed blender, pulse the 'walnut meat' ingredients until you reach a consistency of 'ground meat'.
3. Heat the coconut oil in a large pot over medium heat. Add the onion, bell pepper and garlic and sauté for 5 minutes. Season with the Cajun spices, add the beans and cooked quinoa and mix well to combine.
4. Now add in the vegetable broth and simmer gently, allowing the broth to reduce by half. Remove the pot from the heat, season to taste with salt and pepper and serve garnished with freshly chopped parsley.

GF DF MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	30 mins	318	19	29	11	8

*Nutrition per serving





Cauliflower Nuggets

Serves 4

2 tbsp. all-purpose flour
¼ cup (60ml) almond milk,
unsweetened
½ cup. panko breadcrumbs
4 tbsp. nutritional yeast flakes
salt
1 small cauliflower head,
separated into florets
2 tbsp. olive oil

What You Need To Do

1. Preheat the oven to 400°F (200°C). Line a baking tray with baking paper.
2. Mix the flour and milk in a bowl. In a separate bowl, mix together the breadcrumbs and nutritional yeast and season with salt.
3. Dip the florets into the flour/milk mixture, then roll in the breadcrumb mixture until coated.
4. Place the cauliflower florets on the baking paper and drizzle with olive oil (alternatively use olive oil spray).
5. Place in the hot oven and roast for 30-40 minutes until the cauliflower florets are golden brown and crispy.

DF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	30-40 mins	56	1	11	3	4

*Nutrition per serving





Teriyaki Tempeh & Broccoli Stir Fry

Serves 4

- 2 cups (400g) udon noodles
- 1 tbsp. coconut oil
- 8 oz. (230g) tempeh, cut into small triangles
- ½ head broccoli, chopped
- 1 red bell pepper, sliced
- 2 carrots, peeled and sliced
- 1 red onion, chopped
- ⅓ cup (90g) vegan teriyaki sauce
- 1 tbsp. sesame seeds,
- 1 tbsp fresh cilantro, chopped
- 1 tbsp. green onion, chopped

What You Need To Do

1. Prepare the udon noodles according to instructions on the packaging and set aside.
2. Heat the coconut oil in a large skillet over a medium/high heat. Add the tempeh and cook on each side for 2-3 minutes, until golden brown. Remove from the pan and set aside.
3. Using the same skillet, cook the broccoli, bell pepper, carrots and onion over a medium/high heat for 7-10 minutes until tender.
4. Add in the teriyaki sauce and sauté for a further 2-3 minutes. Stir in the tempeh and noodles and toss until well coated in the sauce.
5. To serve, divide the stir fry between 4 bowls and top with the sesame seeds, freshly chopped cilantro and green onions.

DF MP HP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	20 mins	409	12	58	22	5

*Nutrition per serving





Slow Cooker Broccoli & Turmeric Soup

Serves 6

2 tbsp. vegan butter
4 cups (360g) chopped leeks
2 tbsp. root ginger, minced
2 heads broccoli, cut into florets
1 tsp. ground turmeric
1 tsp. salt
½ tsp. black pepper
1 tbsp. sesame oil
6 cups (1.5 ltr) vegetable broth
6 tsp. coconut yogurt
1 tbsp. black sesame seeds

What You Need To Do

1. Heat the butter in a large pot over a medium heat. Add the leeks and cook for 10 minutes, stirring occasionally. [Do this step directly inside the slow cooker if it has a sauté function.]
2. Transfer the leeks in the slow cooker along with the ginger, broccoli, turmeric, salt, black pepper, sesame oil and vegetable broth. Cover and cook on low for 4 hours.
3. Once cooked, use a hand blender to blend the soup until creamy and smooth. Serve with a teaspoon of yogurt and sprinkle over some black sesame seeds.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	4 hrs 10 mins	187	8	26	8	7

*Nutrition per serving





Oatmeal Fig Bars

Serves 16

For the filling:

2 cups (280g) dried figs
1 cup (240ml) water
pinch of salt
1 tbsp. orange zest
3 tbsp. maple syrup

For the bars:

1 tbsp. ground flaxseeds
2 ½ tbsp. water
1 ¼ cup (160g) oat flour
1 ¼ cup (100g) rolled oats
1/2 tsp. baking soda
1/4 tsp. salt
4 tbsp. maple syrup
½ cup (80ml) coconut oil, melted
1 tsp. vanilla extract

What You Need To Do

1. Cut off the stems off the dried figs and place in a small pot with 1 cup of water, a pinch of salt, and the orange zest. Bring to a boil then reduce to a simmer and cook for 30 minutes.
2. Set aside to cool slightly, then transfer to a food processor, add the maple syrup and blend until pureed into a paste.
3. Preheat the oven to 350°F (180°C) and line an 8"x 8" (20cmx20cm) baking dish with baking paper.
4. Make a vegan egg by combining the ground flaxseeds with 2 ½ tablespoons of water in a small bowl. Stir well to combine and set aside for 5 minutes.
5. Combine the oat flour, rolled oats, salt and baking soda in a bowl then set aside.
6. In a separate bowl, combine the maple syrup, vanilla extract, vegan flax egg and coconut oil. Fold in the dry ingredients and stir until combined.
7. Spoon half of the batter into the lined baking dish and press it firmly into the base. The dough is sticky so using some parchment paper to press it down will help to keep it from sticking to your hands.
8. Top the base with the fig paste and press into a thin layer. Drop parts of the remaining oatmeal batter on top to form a crumble, gently press to cover the fig layer.
9. Place the dish into the oven and bake for 25-30 minutes until the edges become golden brown. Remove from the oven and set aside on a wire cooling rack to cool completely before serving.
10. These fig bars can be stored in an airtight container in the refrigerator for up to 4 days.

DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
30 mins	30 mins	161	6	25	3	3

*Nutrition per serving





Maple Sesame Roasted Cashews

Serves 8

2 cups (280g) cashew nuts
4 tbsp. maple syrup
2 tbsp. sesame seeds
pinch salt

What You Need To Do

1. Preheat the oven to 375°F (190°C). Line a baking tray with baking paper.
2. Place the cashew nuts onto the baking paper and drizzle with maple syrup. Toss the cashews in the syrup until well coated then sprinkle over the sesame seeds and season with salt. Toss again.
3. Place the tray in the oven and roast for around 10 minutes, giving the tray a quick toss every 3 minutes. Once the cashews are golden brown, remove from the oven and set aside on a wire rack to cool completely. Store in an airtight container for up to 1 week.



GF	DF	LC	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	10 mins	236	17	18	6	1

*Nutrition per serving





Banana Bread Chia Pudding

Serves 4

- 1 cup (240ml) almond milk
- 1 cup (240ml) can light coconut milk
- 1 banana
- 1 tsp. ground cinnamon
- 2 tbsp. almond butter
- 2 tbsp. maple syrup
- 1 tsp. vanilla extract
- ½ cup (85g) chia seeds

For serving:

- 4 tbsp. walnuts, chopped
- 1 banana, sliced

What You Need To Do

1. Place all of the ingredients, except the chia seeds, into a high-speed blender and blend until smooth and creamy. Pour the mixture into a bowl and combine with the chia seeds.
2. Pour into a container and refrigerate for 10 minutes. After 10 minutes give it a stir and chill for a further 10 minutes.
3. Divide the pudding between 4 jars or bowls, layer on the sliced banana and top with the chopped walnuts. Serve chilled.
4. The pudding can be stored in an airtight container in the refrigerator for up to 5 days.

GF	DF	MP	V	N
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	20 mins	412	29	35	8	9

*Nutrition per serving

