



November Plant-Based Recipe Pack

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



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Contents & Key

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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	Apple Overnight Oats	Roasted Pumpkin & Tomato Salad	E.g. Spicy Kale Crisps, Matcha Latte, Chocolate Chia Pudding	Miso Fried Walnut Rice
Tue	Chickpea Shakshuka	Crispy Chickpea Poke Bowl	E.g. Spicy Kale Crisps, Matcha Latte, Chocolate Chia Pudding	Eggplant In Chili Garlic Sauce
Wed	Chickpea Shakshuka	Crispy Chickpea Poke Bowl	E.g. Spicy Kale Crisps, Matcha Latte, Chocolate Chia Pudding	Eggplant In Chili Garlic Sauce
Thu	Almond Granola With Apricots	Mediterranean Chickpea & Couscous Salad	E.g. Spicy Kale Crisps, Matcha Latte, Chocolate Chia Pudding	Miso Fried Walnut Rice
Fri	Tofu Scramble	Mediterranean Chickpea & Couscous Salad	E.g. Spicy Kale Crisps, Matcha Latte, Chocolate Chia Pudding	Green Potato Salad
Sat	Tofu Scramble	Pecan & Peach Salad	E.g. Spicy Kale Crisps, Matcha Latte, Chocolate Chia Pudding	Meal Out - Enjoy!
Sun	Almond Granola With Apricots	Pecan & Peach Salad	E.g. Spicy Kale Crisps, Matcha Latte, Chocolate Chia Pudding	Green Potato Salad



Weekly Shopping List

Fruits, Vegetables	Plant-Based Produce	Seeds, Baking, Spices	Cans, Condiments & Misc
Fruits <ul style="list-style-type: none">• 1 apple• 2 avocados• 3 peaches• 1 pomegranate• 2 lemons• 2 limes Vegetables <ul style="list-style-type: none">• 2 white or yellow onions• 2 red bell peppers• 1 chili pepper• 2 bulb garlics• root ginger• pack cherry tomatoes• large pack kale• pack baby spinach• 2 cucumbers• 2 carrots• 1 purple cabbage• pack edamame beans (or substitute with frozen)• bunch radishes• large bunch spring onions• 1 pumpkin• 4 tomatoes• 1 lb. (5 oz.) (700g) bag baby potatoes• 1 broccoli• pack shiitake mushrooms• 2 eggplants (aubergine) Dried Fruit <ul style="list-style-type: none">• apricots• cranberries	Cold <ul style="list-style-type: none">• almond milk, unsweetened• 9 oz. (250g) pack firm tofu• vegan feta• vegan butter	Grains <ul style="list-style-type: none">• rolled oats• white Rice• brown rice• couscous Nuts & Seeds <ul style="list-style-type: none">• ground flaxseeds• almonds• pecans• pumpkin seeds• pine nuts• walnuts• chia seeds• sesame seeds Baking <ul style="list-style-type: none">• vanilla extract• cornstarch (cornflour)• cocoa powder Dried Herbs & Spices <ul style="list-style-type: none">• ground cinnamon• ground nutmeg• smoked paprika• ground cumin• chili powder• garlic granules• ground turmeric• paprika• black pepper• cayenne pepper• chili flakes Fresh Herbs <ul style="list-style-type: none">• parsley• chives• cilantro (coriander)• basil	Oils <ul style="list-style-type: none">• olive oil• coconut oil Sweeteners <ul style="list-style-type: none">• maple syrup• coconut sugar Boxed, Canned & Condiments <ul style="list-style-type: none">• 2x 14 oz. (400g) can chopped tomatoes• tomato paste• 3x 14 oz. (400g) can chickpeas• 1x 14 oz. (400g) can lentils• jar black olive• jar cashew butter• miso paste• rice wine vinegar• tamari sauce• Sriracha sauce• apple cider vinegar• jar gherkins• Dijon mustard Other <ul style="list-style-type: none">• salt• nutritional yeast• sliced bread• matcha powder• espresso powder





Apple Pie Overnight Oats

Serves 4

- 1 cup (185g) rolled oats
- 1 medium apple, grated
- 1 tbsp. maple syrup
- 1½ cups (350ml) almond milk, unsweetened
- 1 tsp. vanilla extract
- 1 tbsp. ground flax
- 2 tsp. ground cinnamon
- ¼ tsp. ground nutmeg

What You Need To Do

1. Combine all the ingredients together in a container, cover with a lid and place in the refrigerator to chill for at least two hours or overnight.
2. Remove from the refrigerator and top with favourite toppings.



DF	MP	V	N
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	2 hrs	234	5	42	7	6

*Nutrition per serving





Chickpea Shakshuka

Serves 4

1 tbsp. olive oil
1 white onion, chopped
½ red bell pepper, chopped
2 cloves garlic, minced
2x 14 oz. (400g) can chopped tomatoes
3 tbsp. tomato paste
2 tsp. coconut sugar
2 tsp. smoked paprika
1 tsp. ground cumin
2 tsp. chili powder
salt & pepper
1x 14 oz. (400g) can chickpeas, drained
⅓ cup black olives
2 tbsp. parsley, chopped, to serve

What You Need To Do

1. Heat the olive oil in a large skillet over a medium heat. Add the onion, bell pepper and garlic and sauté for 5 minutes until soft and fragrant.
2. Add the chopped tomatoes, tomato paste, coconut sugar, paprika, cumin, chili powder, and season with salt and pepper. Stir to combine, then bring to simmer over a medium heat and cook for 3 minutes.
3. Add the chickpeas and olives and stir to combine. Now reduce heat to low and simmer gently for 15-20 minutes.
4. Taste and adjust the seasoning as required. Serve topped with freshly chopped parsley and toasted bread.

Note: If adding the toasted bread this is not included within the nutritional information.

GF DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	25 mins	282	7	43	12	11

*Nutrition per serving





Almond Granola With Apricots

Serves 16

2 cups (185g) rolled oats
¾ cup (115g) almonds,
chopped
2 tbsp. flaxseeds
1 tsp. ground cinnamon
¼ tsp. salt
½ cup (100g) coconut sugar
⅓ cup (125g) maple syrup
4 tbsp. coconut oil
2 tsp. vanilla extract
¾ cup (140g) dried apricots,
chopped

What You Need To Do

1. Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.
2. In a large bowl, combine the rolled oats, almonds, flaxseeds, cinnamon and salt, then set aside.
3. In a pot, combine the coconut sugar, maple syrup, coconut oil, and vanilla extract. Place the pot over a medium heat and cook, stirring occasionally, until smooth, approximately 3 minutes. Pour the wet mixture over the dry ingredients and stir to combine, then spread in an even layer on the baking sheet.
4. Place the sheet into the oven and bake for 15 minutes then remove the sheet from the oven and give everything a stir. Return the sheet to the oven and bake for a further 10 minutes until golden brown.
5. Remove the sheet from the oven and let it cool completely on a wire rack. Once cooled, break the granola down a little and stir through the chopped apricots.
6. Store in an airtight container for up to 2 weeks.

DF MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	25 mins	184	8	27	4	3

*Nutrition per serving





Tofu Scramble

Serves 2

For the scramble:

9 oz. (250g) firm tofu
1 tbsp. nutritional yeast
¼ tsp. garlic granules
¼ tsp. ground turmeric
2 tbsp. water
salt & pepper
2 tbsp. almond milk, unsweetened

For the tomatoes:

1 tsp. olive oil
½ cup (75g) cherry tomatoes

For the kale:

2 cups (140g) kale, chopped
splash of water
salt & pepper

Other:

2 tsp. chives, chopped
1 avocado, flesh sliced
2 slices bread, toasted

What You Need To Do

1. Crumble the tofu with a fork and add it to a pot. Place the pot over a low heat and add the nutritional yeast, spices, water and season with salt and pepper. Stir everything together and simmer until the water has evaporated.
2. Next add in the milk and stir to combine, before taking off the heat and transferring onto 2 warm plates. Set aside.
3. In the same pot, heat the olive oil over a medium heat and add the cherry tomatoes. Cook for about 4-5 minutes and divide equally between the 2 plates.
4. Now add the kale to the pot along with a splash of water and season with salt and pepper. Cook the kale until wilted, approximately 3-4 minutes, then divide onto the plates.
5. Top each plate with chopped chives, add a side of avocado and toast and serve immediately.

GF	DF	HP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	20 mins	395	26	26	20	12

*Nutrition per serving





Cashew Butter Dressing

Serves 6

- 4 tbsp. cashew butter
- 1 clove garlic, minced
- 1 tsp. root ginger, grated
- 1 tsp. miso paste
- 1 tbsp. maple syrup
- 1 tsp. rice wine vinegar
- 1 tbsp. tamari sauce
- 1 tsp. Sriracha sauce
- ¼ cup (60ml) water, or more

What You Need To Do

1. Place all the ingredients into a blender and blend until smooth. Add more water if needed to reach the desired consistency.
2. Use this dressing for **Mediterranean Chickpea & Couscous Salad** and the **Crispy Chickpea Poke Bowl** recipes contained within this recipe pack.

Tip: Make a double batch of the dressing and store it in an airtight container in the fridge until you are ready to use.

GF	DF	LC	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	0 mins	76	5	6	2	0

*Nutrition per serving





Crispy Chickpea Poke Bowl

Serves 4

For the chickpeas:

1x 14 oz. (400g) can chickpeas, drained

1 tbsp. olive oil

½ tsp. paprika

¼ tsp. cayenne pepper

For the poke:

2 cups (320g) white rice

1 cucumber, chopped

2 carrots, cut into ribbons

1 cup (70g) purple cabbage, shredded

½ cup (75g) edamame beans

8 radishes, sliced

2 spring onions, sliced

Other:

Cashew Butter dressing from the recipe in this pack

What You Need To Do

1. Prepare the cashew butter dressing.
2. Cook the rice as per instructions on the packaging. Once cooked, drain and set aside.

For the chickpeas:

3. Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.
4. Place the drained chickpeas in a bowl, drizzle with olive oil, add the spices and mix until coated. Spread the chickpeas onto the baking sheet, place the sheet in the oven and bake for 15 minutes then remove from the oven and give the chickpeas a stir. Return the sheet to the oven and bake for a further 10-15 minutes until crispy.
5. Once ready, remove the chickpeas from the oven and set aside to cool slightly.

For the poke bowl:

6. Divide the rice between 4 bowls. Then top with the vegetables and crispy chickpeas.
7. Sprinkle each bowl with sesame seeds and drizzle over the cashew butter dressing.

Tip: Make a double batch of the chickpeas to use in this recipe and also for the **Mediterranean Chickpea & Couscous Salad**.

GF	DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	30 mins	417	12	63	16	10

*Nutrition per serving

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Mediterranean Chickpea & Couscous Salad

Serves 4

For the chickpeas:

1x 14 oz. (400g) can chickpeas, drained

1 tbsp. olive oil

½ tsp. paprika

¼ tsp. cayenne pepper

For the couscous:

4.4 oz. (125g) dry couscous

½ cucumber, chopped

1 cup (150g) cherry tomatoes, halved

½ cup black olives

4 tbsp. parsley, chopped

1 red bell pepper, chopped

2 tsp. oregano

Other:

Cashew Butter dressing from the recipe in this pack.

What You Need To Do

1. Prepare the cashew butter dressing.
2. Cook the couscous according to instructions on packaging, then transfer to a large bowl and set aside to cool.

For the chickpeas:

3. Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.
4. Place the drained chickpeas in a bowl, drizzle with olive oil, add the spices and mix until coated. Spread the chickpeas onto the baking sheet, place the sheet in the oven and bake for 15 minutes then remove from the oven and give the chickpeas a stir. Return the sheet to the oven and bake for a further 10-15 minutes until crispy.

For the salad:

5. When ready to serve add the chopped vegetable and oregano into the couscous and mix to combine. Divide between 4 plates, top with the crispy chickpeas and drizzle over the cashew butter dressing.

Tip: Make a double batch of the chickpeas to use in this recipe and also for the **Crispy Chickpea Poke Bowl** Recipe.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	30 mins	435	13	65	16	11

*Nutrition per serving





Pecan & Peach Salad

Serves 4

For the salad:

- 6 cups (180g) baby spinach
- 3 fresh peaches, sliced
- ½ cup (65g) pecans, halved
- ⅓ cup (60g) pomegranate
- ⅓ cup (40g) dried cranberries
- ⅓ cup (50g) crumbled vegan feta

For the dressing:

- 4 tbsp. olive oil
- 4 tbsp. apple cider vinegar
- 1 lemon, juiced and zested
- 1 tbsp. maple syrup

What You Need To Do

1. Make the dressing by whisking together all the dressing ingredients and set aside.
2. To make the salad, place the spinach in a large bowl and add the peach, pecans, pomegranate, cranberries and vegan feta. Drizzle over the dressing and gently toss to combine.
3. Now take a wooden spoon and begin to whack firmly on the top outer layer of the pomegranate. Don't be afraid to give it a good, hard whack. The seeds will fall out easily and drop into the bowl.

Tip: To prepare the pomegranate, start by slicing the pomegranate in half horizontally. Place the pomegranate, cut side down, into your non-dominant hand with your fingers spread apart. Place a deep, medium-sized bowl under the hand holding the pomegranate.

GF	DF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	0 mins	354	27	28	4	5

*Nutrition per serving





Roasted Pumpkin & Tomato Salad

Serves 4

For the salad:

10 oz. (300g) pumpkin, cut into cubes

2 tbsp. olive oil

salt & pepper

4 tomatoes, chopped

8 gherkins, chopped

¼ cup (30g) pumpkin seeds, toasted

2 tbsp. pine nuts, toasted

For the dressing:

1 tbsp. Dijon mustard

1 tbsp. maple syrup

2 tbsp. olive oil

salt & pepper

What You Need To Do

1. Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.
2. Spread the pumpkin onto the baking sheet, drizzle with olive oil and season with salt and pepper. Roast the pumpkin in the oven for 30 minutes, or until tender. Remove from the oven, transfer to a large bowl and set aside to cool slightly.
3. Now roast the pumpkin seeds and pine nuts in a dry pan over a medium/high heat. Keep moving the seeds and nuts around the pan to stop them from burning.
4. Add the seeds and nuts to the pumpkin along with the chopped tomatoes and gherkins.
5. Make the dressing by combining all the dressing ingredients in a bowl, season to taste with salt and pepper. Drizzle the dressing over the pumpkin, give everything a good mix to combine and serve immediately.

GF DF LC MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	30 mins	215	16	16	5	2

*Nutrition per serving





Green Potato Salad

Serves 6

For the salad:

- 1 lb. (5 oz.) (700g) baby potatoes
- ½ tsp. salt
- ½ tsp. pepper
- 2 tbsp. olive oil
- 1x 14 oz. (400g) can lentils, drained
- 4 cups (120g) baby spinach

For the dressing:

- 1 avocado
- 1 cup (20g) fresh cilantro (coriander), chopped
- 4 tbsp. basil, chopped
- 1 clove garlic, minced
- 2 tbsp. lemon juice
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2-4 tbsp. water

What You Need To Do

1. Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.
2. Chop the potatoes and place on the baking sheet. Season the potatoes with salt and pepper, drizzle with olive oil and toss everything together to combine. Place the sheet in the oven and bake for 30 minutes until the potatoes are cooked through and golden brown. Remove from the oven, transfer the potatoes to a bowl and set aside to cool.
3. Make the dressing by combining all the dressing ingredients together. Add 2-4 tablespoons of water until you reach the desired consistency.
4. Drain the lentils and to the bowl with the potatoes. Add in the spinach and drizzle over the dressing. Mix everything together to combine and serve immediately.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	30 mins	309	12	45	11	16

*Nutrition per serving





Miso Fried Walnut Rice

Serves 6

For the sauce:

2 tbsp. olive oil
2 tbsp sriracha sauce
3 tbsp. tamari sauce
2 cloves garlic, minced
1 tbsp. root ginger, grated
2 tbsp. miso paste

For the rice:

17.6 oz. (500g) brown rice
1 cup (120g) walnuts
1 head broccoli, separated into florets
1 tbsp. olive oil
3 oz. (85g) shiitake mushrooms, chopped
1 white onion, chopped
2 tsp. vegan butter
1 tbsp. miso paste
4 spring onion, sliced, garnish

What You Need To Do

1. Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.
2. Cook the rice according to instructions on packaging.
3. Combine all the sauce ingredients together in a bowl, whisk to combine and set aside.
4. Blitz the walnuts in a blender, just until you have a crumble like texture, be careful not to over-process.
5. Place the broccoli florets on the baking sheet and bake in the oven for 7-9 minutes until starting to brown. Remove from the oven and set aside.
6. Heat the olive oil in a large pan over medium-high heat, add the mushrooms and onion and cook for 6-7 minutes. Now add in the butter, miso paste and walnuts, stir until combined.
7. Next, add in the cooked brown rice and broccoli, reduce the heat to medium and continue cooking for a further 2-3 minutes.
8. Finally, add in the sauce and toss everything together. Serve immediately garnished with spring onions.

GF DF MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	20 mins	518	31	54	14	8

*Nutrition per serving

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Eggplant in Chili Garlic Sauce

Serves 4

For the eggplant:

- 2 eggplant (aubergine)
- 1 tsp. salt
- 1 tbsp. cornstarch
- 2 tbsp. coconut oil
- 1 tsp. root ginger, grated
- 2 cloves garlic, minced
- 1 chili pepper, chopped
- 2 spring onions, sliced
- 1 tsp. sesame seeds
- 1 lime, wedges, to serve

For the sauce:

- 2 tbsp. tamari
- 1 tbsp. rice wine vinegar
- 2 tbsp water
- 1 tsp. cornstarch
- 2 tsp. coconut sugar

What You Need To Do

1. Cut the eggplant into small chunks and place in a large bowl, add the salt and mix well to combine. The salt will draw any moisture from the eggplant so set aside to soak for 15 minutes .
2. Pat the eggplant dry, sprinkle with cornstarch and mix well to coat.
3. Mix all of the ingredients for the sauce together in a small bowl.
4. Heat 2 tablespoons of coconut oil in a large pot over medium heat. Add the eggplant and fry for approximately 5-8 minutes. Once the skin has browned and the inside of the eggplant is soft, remove from the pan and transfer to a plate.
5. Now add the ginger, garlic and chili to the same pan and cook for 1 minute, until fragrant. Return the eggplant to the pot and pour in the sauce. Stir until the eggplant is evenly coated and the sauce thickens.
6. Divide the eggplant between 4 bowls and garnish with spring onions and sesame seeds. Serve with a wedge of lime.
7. This dish can be served as a side dish. Alternatively serve as a main course over rice (not included in nutrition information).

Note: The rice is not included within the nutritional information.

GF DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
20 mins	10 mins	322	5	63	8	9

*Nutrition per serving





Spicy Baked Kale Crisps

Serves 2

½ tsp. red pepper flakes
(chili flakes)

1 tsp. garlic granules

¼ tsp. sea salt

9 oz. (250g) kale, stems
removed

1 tbsp. olive oil

What You Need To Do

1. Preheat the oven to 205°F (120°C). Line a baking sheet with baking paper.
2. Mix the red pepper flakes, garlic granules and sea salt together. Place the kale in a large bowl and massage with the oil, then toss with the seasoning.
3. Spread the leaves out on the baking sheet and bake in the oven for 20-30 minutes, turning the kale halfway through cooking.
4. Once cooked, remove from the oven and toss again, set aside to cool.

GF	DF	LC	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	30 mins	104	9	6	4	5

*Nutrition per serving





Matcha Latte

Serves 2

2 ½ cups (600ml) almond milk, unsweetened

1 tsp. vanilla extract

2 tsp. matcha powder

1 tbsp. maple syrup

ice

What You Need To Do

1. Place all the ingredients into a blender and blitz together until all the matcha powder has been dissolved. Pour into 2 glasses, add ice and serve straight away.

GF	DF	LC	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	0 mins	71	3	8	2	1

*Nutrition per serving





Chocolate Chia Pudding

Serves 2

- ½ cup (85g) chia seeds
- 1 ½ cups (350ml) almond milk, unsweetened
- 1 tsp. vanilla extract
- ½ tsp. ground cinnamon
- ¼ tsp. espresso powder
- 1 tbsp. cocoa powder
- 2 tbsp. maple syrup

What You Need To Do

1. Place all the ingredients into a blender and blitz until most of the chia seeds have broken down.
2. Portion the mixture into 2 jars or glasses, top with your choice of fruit and serve immediately.

GF	DF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	0 mins	329	18	35	9	14

*Nutrition per serving

