



Plant based

VEGAN RECIPES

DAIRY FREE & VEGAN

The table of

CONTENTS

- **ROASTED VEGETABLE QUINOA SALAD** 3
- **BLACK BEAN AND SWEET POTATO TACOS** 4
- **STUFFED PORTOBELLO MUSHROOMS** 5
- **GRILLED EGGPLANT ROLL-UPS** 6
- **CHICKPEA AND KALE SALAD** 7
- **VEGAN CHILI** 8
- **GRILLED VEGGIE AND HUMMUS WRAP** 9
- **NO-BAKE CHOCOLATE PEANUT BUTTER BARS** 10
- **VEGAN BANANA BREAD** 11
- **VEGAN CHOCOLATE MOUSSE** 12
- **VEGAN PROTEIN SMOOTHIE** 13
- **VEGAN QUINOA AND BLACK BEAN SALAD** 14
- **VEGAN CHICKPEA AND SWEET POTATO CURRY** 15
- **VEGAN PROTEIN PANCAKES** 16



Roasted Vegetable Quinoa Salad

NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 270
- Fat: 13g
- Carbohydrates: 35g
- Protein: 6g



INSTRUCTIONS

1. Preheat your oven to 200°C (400°F). Line a baking tray with parchment paper.
2. Cut the vegetables into bite-sized pieces and place on the prepared tray. Roast for 20-25 minutes, or until tender.
3. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper to make the vinaigrette.
4. In a large bowl, combine the cooked quinoa and roasted vegetables. Add the vinaigrette and toss to coat.
5. If using, stir in the chopped herbs.
6. Serve the salad immediately, or refrigerate for later use.

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup mixed roasted vegetables (e.g. bell peppers, zucchini, eggplant)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- salt and pepper to taste
- optional: chopped herbs (e.g. basil, parsley)

Black Bean and Sweet Potato Tacos

INSTRUCTIONS

1. Preheat your oven to 200°C (400°F). Line a baking tray with parchment paper.
2. Place the diced sweet potatoes on the prepared tray and roast for 20-25 minutes, or until tender.
3. In a small saucepan, heat the black beans over medium heat until warmed through.
4. Assemble the tacos by spreading a spoonful of black beans and sweet potatoes onto each corn tortilla. Top with diced avocado, salsa, and any other desired toppings.
5. Serve the tacos immediately, or wrap them in foil and refrigerate for later use.

- 1 cup mashed black beans
- 1 cup diced sweet potatoes
- 4 corn tortillas
- 1/2 cup diced avocado
- 1/2 cup salsa
- optional: fresh cilantro, diced

NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 280
- Fat: 6g
- Carbohydrates: 46g
- Protein: 10g

INGREDIENTS



Stuffed Portobello Mushrooms

INSTRUCTIONS

1. Preheat your grill or broiler to medium-high heat.
2. Carefully remove the stems from the portobello mushrooms and scrape out the gills using a spoon.
3. In a medium bowl, combine the cooked quinoa, chopped spinach, and diced tomatoes. Mix until well combined.
4. Stuff the mixture into the portobello mushrooms and place them on the grill or under the broiler.
5. Grill or broil for 8-10 minutes, or until the mushrooms are tender and the filling is hot.
6. If using, sprinkle the vegan parmesan cheese over the top of the stuffed mushrooms.
7. Serve the mushrooms immediately.



INGREDIENTS

- 4 large portobello mushrooms
- 1 cup cooked quinoa
- 1 cup chopped spinach
- 1/2 cup diced tomatoes
- optional: vegan parmesan cheese

NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 250
- Fat: 4g
- Carbohydrates: 45g
- Protein: 12g



Grilled Eggplant Roll-Ups

INGREDIENTS

- 1 large eggplant, thinly sliced
- 1 cup cooked quinoa
- 1/2 cup diced tomatoes
- optional: chopped basil, marinara sauce

INSTRUCTIONS

1. Preheat your grill or broiler to medium-high heat.
2. Grill or broil the eggplant slices for 2-3 minutes on each side, or until tender.
3. In a medium bowl, combine the cooked quinoa, diced tomatoes, and basil (if using). Mix until well combined.
4. Lay the grilled eggplant slices on a flat surface and spoon a small amount of the quinoa mixture onto each slice. Roll up the eggplant slices and secure with a toothpick if necessary.
5. Grill or broil the eggplant roll-ups for an additional 2-3 minutes, or until heated through.
6. Serve the eggplant roll-ups immediately, with marinara sauce on the side if desired.

NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 140
- Fat: 2g
- Carbohydrates: 26g
- Protein: 6g

Chickpea and Kale Salad

NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 240
- Fat: 14g
- Carbohydrates: 27g
- Protein: 8g

INSTRUCTIONS

1. In a large bowl, combine the cooked chickpeas, chopped kale, and diced vegetables.
2. In a small bowl, whisk together the olive oil, lemon juice, dijon mustard, salt, and pepper to make the vinaigrette.
3. Pour the vinaigrette over the chickpea and kale mixture and toss to coat.
4. If using, stir in the chopped herbs.
5. Serve the salad immediately, or refrigerate for later use.

INGREDIENTS

- 1 cup cooked chickpeas
- 4 cups chopped kale
- 1 cup diced mixed vegetables (e.g. bell peppers, carrots)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dijon mustard
- salt and pepper to taste
- optional: chopped herbs (e.g. basil, parsley)



Vegan Chili

INSTRUCTIONS

1. In a medium pot, combine the kidney beans, diced tomatoes, and diced vegetables. Add the chili powder, cumin, paprika, salt, and pepper.
2. Bring the mixture to a boil, then reduce the heat to low and simmer for 10-15 minutes, or until the vegetables are tender.
3. Serve the chili immediately, topped with diced avocado, cilantro, and vegan sour cream if desired.

NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 170
- Fat: 1g
- Carbohydrates: 31g
- Protein: 9g

INGREDIENTS

- 1 cup canned kidney beans, drained and rinsed
- 1 cup diced tomatoes
- 1 cup diced mixed vegetables (e.g. bell peppers, onions, carrots)
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- salt and pepper to taste
- optional: diced avocado, chopped cilantro, vegan sour cream



Grilled Veggie and Hummus Wrap

INSTRUCTIONS

1. Preheat your grill or broiler to medium-high heat.
2. Grill or broil the vegetables for 2-3 minutes on each side, or until tender.
3. Assemble the wraps by spreading a spoonful of hummus onto each tortilla. Top with grilled vegetables, diced red onion, and cilantro (if using).
4. Roll up the tortillas tightly, slicing them into pinwheels if desired.
5. Serve the wraps immediately, or wrap them in foil and refrigerate for later use.



INGREDIENTS

- 1 cup hummus
- 4 tortillas
- 2 cups grilled vegetables (e.g. bell peppers, zucchini, eggplant)
- optional: diced red onion, chopped cilantro

NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 270
- Fat: 9g
- Carbohydrates: 38g
- Protein: 10g

No-Bake Chocolate Peanut Butter Bars



NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 150
- Fat: 9g
- Carbohydrates: 16g
- Protein: 4g

INGREDIENTS

- 1 cup gluten-free rolled oats
- 1/2 cup almond butter
- 1/4 cup maple syrup
- 1/4 cup cocoa powder
- 1 tsp vanilla extract
- 1/4 cup chocolate chips (optional)

INSTRUCTIONS

1. In a medium bowl, combine the oats, almond butter, maple syrup, cocoa powder, and vanilla extract. Mix until well combined.
2. If using chocolate chips, fold them into the mixture.
3. Press the mixture into a square baking dish lined with parchment paper.
4. Place the dish in the refrigerator for at least 1 hour, or until the bars are firm.
5. Cut the bars into squares and serve.

Vegan Banana Bread

INGREDIENTS

- 1 1/2 cups gluten-free all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3 ripe bananas, mashed
- 1/4 cup almond milk
- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- optional: chopped nuts, chocolate chips

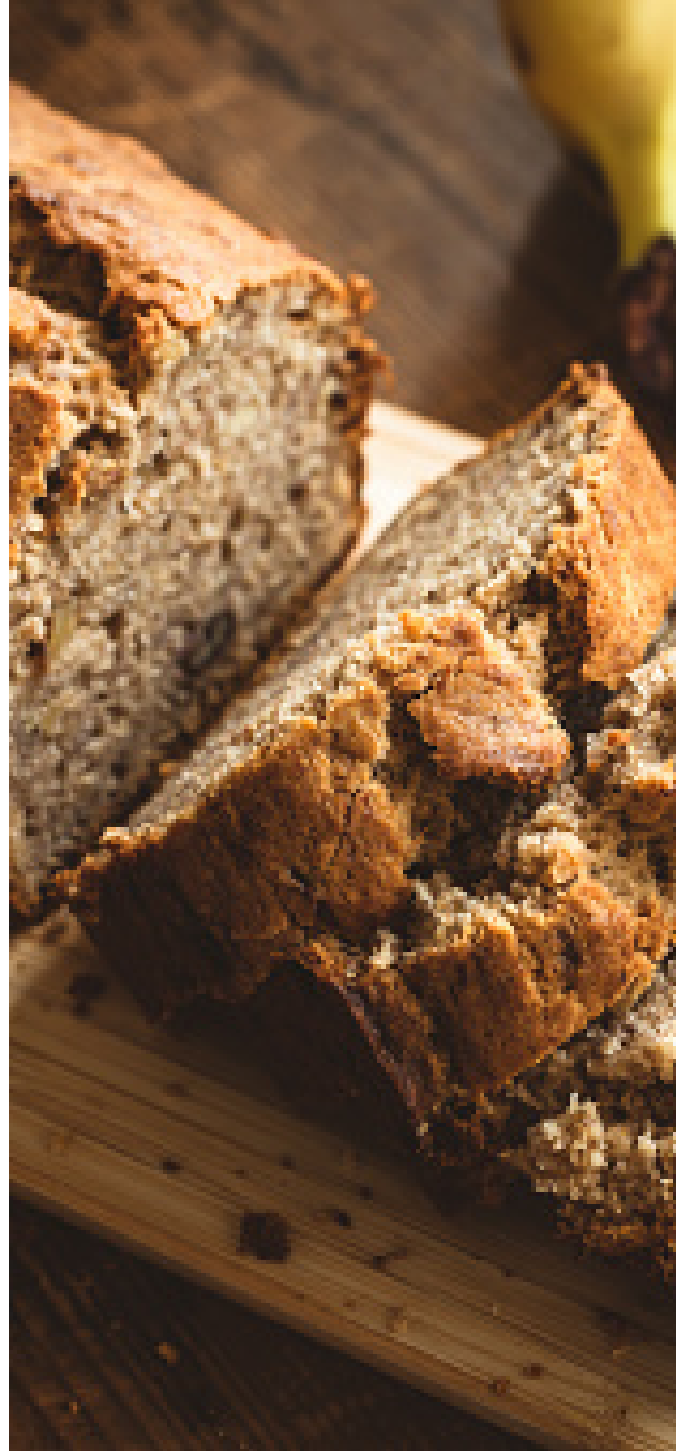
NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 160
- Fat: 7g
- Carbohydrates: 23g
- Protein: 2g

INSTRUCTIONS

1. Preheat your oven to 180°C (350°F). Line a loaf pan with parchment paper.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
3. In a separate bowl, mix together the mashed bananas, almond milk, coconut oil, maple syrup, and vanilla extract.
4. Add the wet ingredients to the dry ingredients and stir until just combined. If using, fold in the nuts or chocolate chips.
5. Pour the batter into the prepared loaf pan and smooth the top.
6. Bake for 40-45 minutes, or until a toothpick inserted into the center comes out clean.
7. Let the banana bread cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.
8. Slice and serve the banana bread.



Vegan Chocolate Mousse

INSTRUCTIONS

1. Place the can of coconut milk in the refrigerator for at least 4 hours, or overnight.
2. Open the can and scoop out the solidified coconut cream, leaving the liquid behind.
3. In a medium bowl, beat the coconut cream with an electric mixer until fluffy.
4. Add the cocoa powder, maple syrup, and vanilla extract to the bowl and continue to beat until smooth.
5. Divide the chocolate mousse into individual serving dishes and refrigerate for at least 1 hour, or until set.
6. Serve the chocolate mousse chilled, topped with fresh berries and whipped coconut cream if desired.

NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 210
- Fat: 19g
- Carbohydrates: 17g
- Protein: 2g

INGREDIENTS

- 1 can coconut milk
- 1/2 cup cocoa powder
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- optional: fresh berries, whipped coconut cream



Vegan Protein Smoothie

INGREDIENTS

- 1 banana
- 1 cup almond milk
- 1 scoop vegan protein powder
- 1 tbsp chia seeds
- 1 tsp honey (or alternative sweetener)
- optional: 1 cup spinach, 1 tsp maca powder, 1 tsp cocoa powder

INSTRUCTIONS

1. Place all ingredients in a blender.
2. Blend on high speed until smooth.
3. Pour the smoothie into a glass and serve immediately.

NUTRITION INFORMATION

(PER SERVING, BASED ON 1 SERVING):

- Calories: 250
- Fat: 7g
- Carbohydrates: 33g
- Protein: 20g





Vegan Quinoa and Black Bean Salad

INSTRUCTIONS

1. In a large bowl, combine the cooked quinoa, black beans, and diced vegetables.
2. In a small bowl, whisk together the olive oil, lemon juice, dijon mustard, salt, and pepper to make the vinaigrette.
3. Pour the vinaigrette over the quinoa and black bean mixture and toss to coat.
4. If using, stir in the chopped herbs.
5. Serve the salad immediately, or refrigerate for later use.

NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 280
- Fat: 12g
- Carbohydrates: 35g
- Protein: 10g

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup canned black beans, drained and rinsed
- 1 cup diced mixed vegetables (e.g. bell peppers, tomatoes, onions)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dijon mustard
- salt and pepper to taste
- optional: chopped herbs (e.g. basil, parsley)

Vegan Chickpea and Sweet Potato Curry

INGREDIENTS

- 1 cup canned chickpeas, drained and rinsed
- 1 cup diced sweet potatoes
- 1 cup diced mixed vegetables (e.g. bell peppers, onions, carrots)
- 1 cup coconut milk
- 1 tbsp curry paste
- 1 tsp garam masala
- salt and pepper to taste
- optional: chopped cilantro, brown rice or quinoa for serving

INSTRUCTIONS

1. In a medium pot, heat a small amount of oil over medium heat. Add the diced sweet potatoes and cook for 5 minutes, or until tender.
2. Add the chickpeas, diced vegetables, coconut milk, curry paste, garam masala, salt, and pepper to the pot. Stir to combine.
3. Bring the mixture to a boil, then reduce the heat to low and simmer for 10-15 minutes, or until the vegetables are tender.
4. Serve the curry over brown rice or quinoa, topped with chopped cilantro if desired.



NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 240
- Fat: 14g
- Carbohydrates: 27g
- Protein: 8g

Vegan Protein Pancakes

INSTRUCTIONS

1. In a blender, combine the oats, protein powder, baking powder, and cinnamon. Blend until a fine flour forms.
2. Add the almond milk, olive oil, and vanilla extract to the blender and blend until well combined.
3. Heat a nonstick pan over medium heat. Pour the pancake mixture onto the pan in small circles, using about 1/4 cup of mixture per pancake.
4. Cook the pancakes for 2-3 minutes on each side, or until bubbles form on the surface and the edges start to look dry.
5. Serve the pancakes immediately, topped with fresh berries and maple syrup if desired.

INGREDIENTS

- 1 cup rolled oats
- 1 scoop vegan protein powder
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 cup almond milk
- 1 tbsp olive oil
- 1 tsp vanilla extract
- optional: fresh berries, maple syrup

NUTRITION INFORMATION

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 250
- Fat: 9g
- Carbohydrates: 30g



Stir Fried Spinach

PREP TIME: 10 MIN

COOKING TIME: 10 MIN

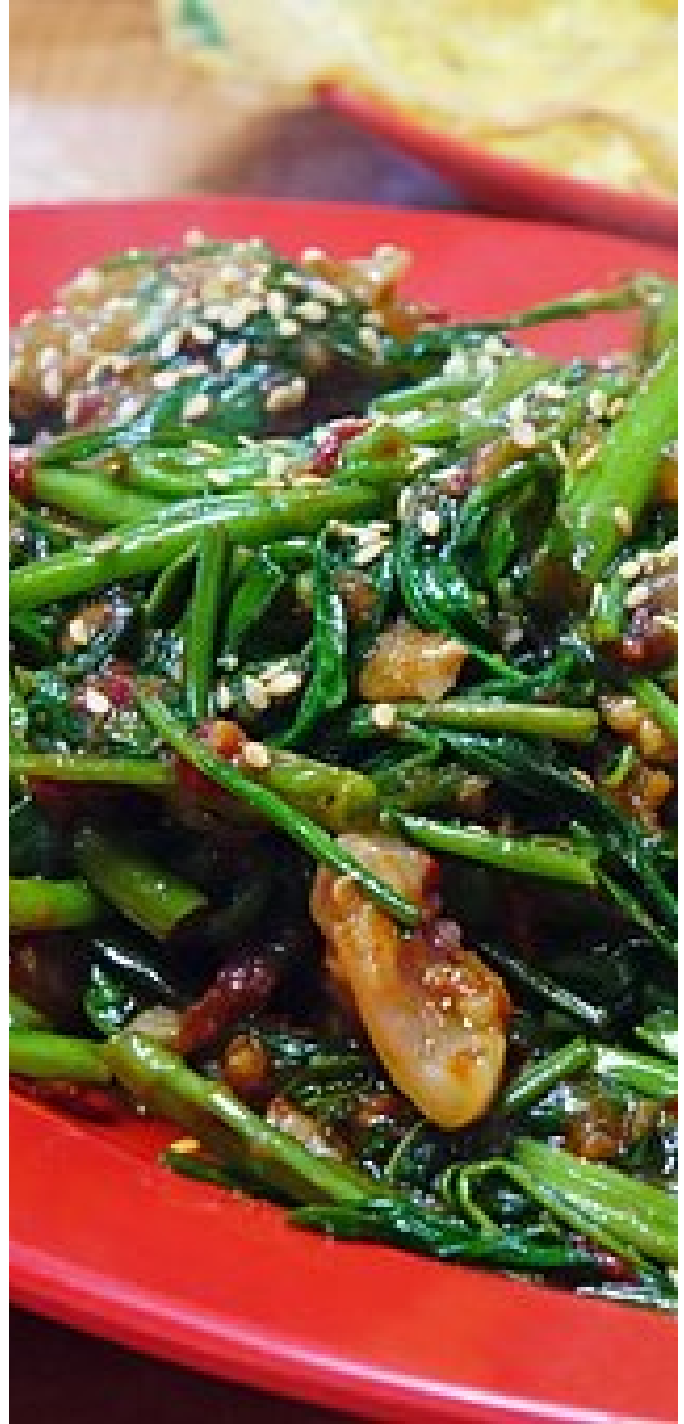
SERVE: 2

INGREDIENTS

- 500 g fresh spinach, washed
- 1 tsp sesame seeds, toasted
- 2 spring onions, chopped
- 2 red chillies, chopped
- 5 garlic cloves, crushed
- 1 tbsp olive oil
- Salt

INSTRUCTIONS

1. Blanch spinach in boiling water for 1-2 minutes. Squeeze out excess liquid and chop spinach.
2. Heat oil in a pan over medium heat.
3. Add garlic and chillies and sauté for 20-30 seconds.
4. Add spinach and salt and stir fry for 1-2 minutes. Remove from heat.
5. Sprinkle with sesame seeds and serve hot.



NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 142
- Fat 8.8 g
- Carbohydrates 13 g
- Sugar 1.5 g
- Protein 8.2 g
- Cholesterol 0 mg



Garlic Mushrooms

PREP TIME: 10 MIN

COOKING TIME: 10 MIN

SERVE: 4

INGREDIENTS

- 400 g mushrooms, sliced
- 1 tbsp fresh parsley, chopped
- 4 garlic cloves, minced
- 2 tbsp olive oil
- Salt

INSTRUCTIONS

1. Heat olive oil in a large pan over medium heat.
2. Add mushrooms to the pan and sauté for 3-5 minutes.
3. Add garlic and parsley and sauté for 1-2 minutes more. Season with salt.
4. Serve and enjoy.

NUTRITIONAL VALUE (AMOUNT PER SERVING):

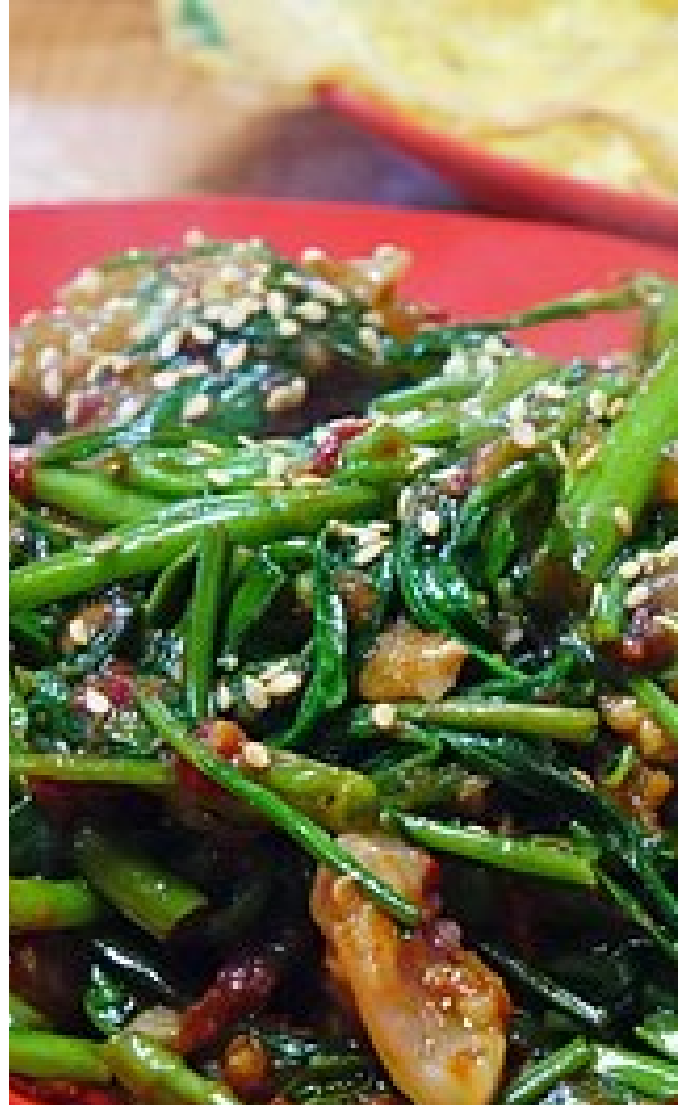
- Calories 86
- Fat 7.3 g
- Carbohydrates 4.3 g
- Sugar 1.8 g
- Protein 3.4 g
- Cholesterol 0 mg

Quick & Tasty Eggplant Stew

PREP TIME: 10 MIN

COOKING TIME: 10 MIN

SERVE: 6



INGREDIENTS

- 400 g eggplant, chopped
- 1 medium onion, chopped
- 60 ml vegetable stock
- 1 tsp Italian seasoning
- 1/4 tsp smoked paprika
- 1/2 tsp ground cumin
- 1 ½ tbsp tomato paste
- 2 medium tomatoes, chopped
- 2 garlic cloves, chopped
- 2 tbsp olive oil
- 1/2 tsp ground coriander
- Pepper
- Salt

NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 85
- Fat 5.2 g
- Carbohydrates 9.4 g
- Sugar 5 g
- Protein 1.7 g
- Cholesterol 1 mg

INSTRUCTIONS

1. Add oil into the instant pot and set the pot on sauté mode.
2. Add onion and sauté for 2 minutes. Add garlic and sauté for minute.
3. Add tomato paste, tomatoes, spices, and salt and stir well and cook for 2 minutes. Turn off sauté mode.
4. Add remaining ingredients and stir everything well.
5. Cover and cook on high for 5 minutes.
6. Allow to release pressure naturally then open the lid.
7. Stir well and serve.



Spinach Tomato Rice

PREP TIME: 10 MIN

COOKING TIME: 30 MIN

SERVE: 4

INGREDIENTS

- 480 g brown rice
- 140 g spinach, chopped
- 750 ml vegetable broth
- 1 tbsp olive oil
- 90 g green peas
- 1 tsp curry powder
- 2 medium tomatoes, chopped
- 1 medium onion, diced
- 2 garlic cloves, chopped
- 1/2 tsp ground cumin
- Pepper
- Salt

INSTRUCTIONS

1. Add oil into the instant pot and set the pot on sauté mode.
2. Add onion and sauté for 2 minutes. Add garlic and sauté for minute.
3. Add tomatoes and cook for 5 minutes. Turn off sauté mode.
4. Add remaining ingredients and stir everything well.
5. Cover and cook on high for 20 minutes.
6. Allow to release pressure naturally then open the lid.
7. Stir well and serve.

NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 460
- Fat 7.6 g
- Carbohydrates 83.9 g
- Sugar 5 g
- Protein 14.2 g
- Cholesterol 0 mg

Sautéed Greek Veggies

PREP TIME: 10 MIN

COOKING TIME: 6 MIN

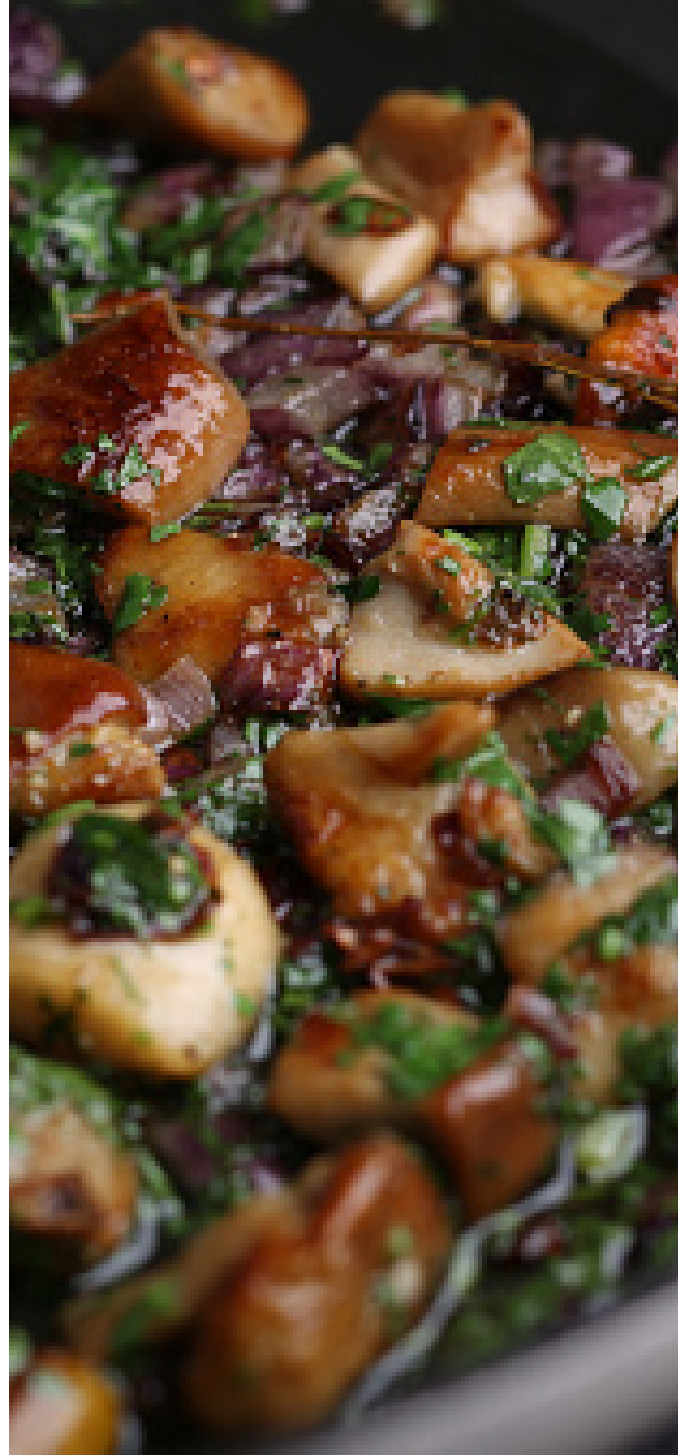
SERVE: 4

INGREDIENTS

- 1 medium yellow squash, chopped
- 1 tsp Italian seasoning
- 1 medium zucchini, chopped
- 100 g cherry tomatoes
- 4 garlic cloves, minced
- 1 ½ tbsp olive oil
- Pepper
- Salt

INSTRUCTIONS

1. Heat oil in a pan over medium-high heat.
2. Add squash and zucchini and sauté for 3 minutes.
3. Add garlic and tomatoes and sauté for 2 minutes. Season with Italian seasoning, pepper, and salt.
4. Serve and enjoy.



NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 78
- Fat 5.9 g
- Carbohydrates 5.9 g
- Sugar 3 g
- Protein 1.7 g
- Cholesterol 1 mg

Coconut Spinach Lentil Curry

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

SERVE: 4



INSTRUCTIONS

1. Add oil into the instant pot and set the pot on sauté mode.
2. Add bell pepper, carrots, and onion, and sauté for 10 minutes. Turn off sauté mode.
3. Add remaining ingredients except for spinach and milk and stir well.
4. Cover and cook on high for 10 minutes.
5. Allow to release pressure naturally then open the lid.
6. Add coconut milk and spinach and stir well.
7. Serve and enjoy.

INGREDIENTS

- 210 g brown lentils, rinsed
- 60 g spinach, chopped
- 120 ml coconut milk
- 625 ml water
- 1 tbsp olive oil
- 1 tbsp ginger garlic paste
- 1 tbsp garam masala
- 1 bell pepper, chopped
- 2 medium carrots, chopped
- 1 medium onion, chopped
- Pepper
- Salt

NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 180
- Fat 11.2 g
- Carbohydrates 17.4 g
- Sugar 5.2 g
- Protein 4.7 g
- Cholesterol 0 mg

Greek Mushrooms

PREP TIME: 10 MIN

COOKING TIME: 10 MIN

SERVE: 6

INGREDIENTS

- 400 g mushrooms, sliced
- 1 bell pepper, sliced
- 1 tbsp olive oil
- 1 medium onion, diced
- 240 g Italian dressing
- Pepper
- Salt

INSTRUCTIONS

1. Heat oil in a pan over medium heat.
2. Add mushrooms and sauté for 5-7 minutes. Season with pepper and salt.
3. Add bell pepper, onion, and Italian dressing and stir well. Bring to boil.
4. Turn heat to low and cook for 3 minutes. Stir frequently.
5. Stir well and serve.



NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 165
- Fat 13.9 g
- Carbohydrates 9.6 g
- Sugar 6.3 g
- Protein 2.6 g
- Cholesterol 27 mg



Baked Cauliflower Casserole

PREP TIME: 10 MIN

COOKING TIME: 30 MIN

SERVE: 4

INGREDIENTS

- 1 medium cauliflower head, cut into florets
- 1 ½ tsp curry powder
- 1 tbsp ginger garlic paste
- ½ can tomatoes, diced
- 120 ml coconut milk
- ½ tsp cumin powder
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tbsp tapioca starch
- Pepper
- Salt

INSTRUCTIONS

1. Add cauliflower florets into the boiling water and boil for 10 minutes. Drain well and set aside.
2. Preheat the oven to 350 F/ 180 C.
3. Add cauliflower florets, tomatoes, spices, ginger garlic paste, and salt into the baking dish and stir well.
4. In a bowl, mix together coconut milk and tapioca starch and pour over the cauliflower mixture and bake for 15-20 minutes.
5. Serve and enjoy.

NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 135
- Fat 7.7 g
- Carbohydrates 15.3 g
- Sugar 6.8 g
- Protein 4.6 g
- Cholesterol 0 mg

Stir Fry Garlic Cabbage

PREP TIME: 10 MIN

COOKING TIME: 15 MIN

SERVE: 4

INGREDIENTS

- 900 g cabbage, shredded
- 3 garlic cloves, minced
- 1 fresh lemon juice
- 1 ½ tbsp olive oil
- ½ tsp red chili flakes, crushed
- Pepper
- Salt

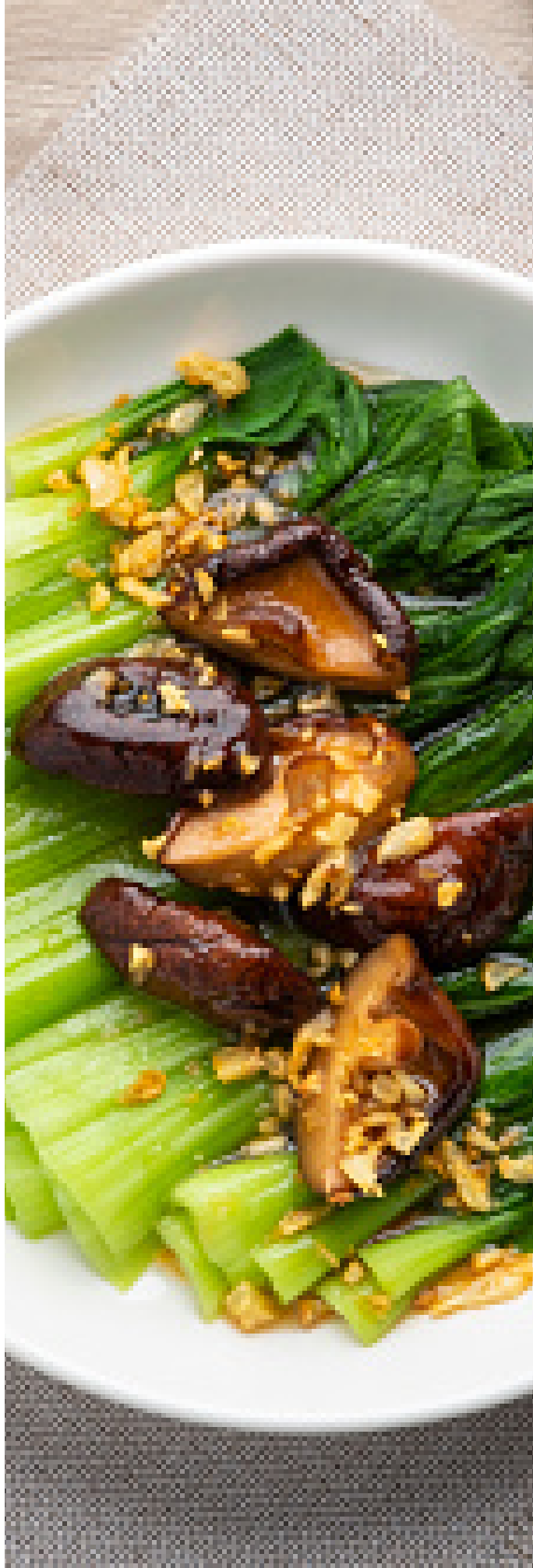
INSTRUCTIONS

1. Heat oil in a pan over medium-high heat.
2. Add garlic, red pepper flakes, cabbage, pepper, and salt and stir fry until cabbage is wilted, about 12-15 minutes.
3. Drizzle with lemon juice and serve.

NUTRITIONAL VALUE

(AMOUNT PER SERVING):

- Calories 36
- Fat 3.5 g
- Carbohydrates 1.2 g
- Sugar 0.5 g
- Protein 0.2 g
- Cholesterol 0 mg





Tasty Cauliflower Rice

PREP TIME: 10 MIN

COOKING TIME: 12 MIN

SERVE: 6

INGREDIENTS

- 650 g cauliflower rice
- 2 medium avocados, diced
- 3 garlic cloves, minced
- 1 tbsp olive oil
- 8 g fresh cilantro, chopped
- 3 tbsp fresh lemon juice
- 1 ½ jalapeno pepper, diced
- 1 medium onion, diced
- Pepper
- Salt

INSTRUCTIONS

1. Heat oil in a pan over medium heat.
2. Add onion and sauté for 5 minutes.
3. Add garlic and sauté for minute.
4. Add cauliflower rice and stir fry for 6-7 minutes.
5. Add avocado into the large bowl and mash using a fork.
6. Add jalapeno, lemon juice, pepper, and salt, and mix well.
7. Add cauliflower rice and cilantro into the avocado mixture and mix everything well.
8. Serve and enjoy.

NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 155
- Fat 14.3 g
- Carbohydrates 8.6 g
- Sugar 1.6 g
- Protein 2.1 g
- Cholesterol 0 mg

Creamy & Nutritious Lentils

PREP TIME: 10 MIN

COOKING TIME: 15 MIN

SERVE: 6

INGREDIENTS

- 420 g dried brown lentils
- 1/2 tsp garam masala
- 180 ml coconut milk
- 1 can tomatoes, crushed
- 1/8 tsp cayenne
- 1 tsp fresh ginger, minced
- 2 garlic cloves, minced
- 1/2 tsp turmeric
- 1 1/2 tsp curry powder
- 500 ml water
- 1 medium onion, diced
- Pepper
- Salt

INSTRUCTIONS

1. Add lentils and remaining ingredients except coconut milk into the instant pot and stir well.
2. Cover and cook on high for 15 minutes.
3. Allow to release pressure naturally then open the lid carefully.
4. Stir in coconut milk and serve.



NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 135
- Fat 7.4 g
- Carbohydrates 13.7 g
- Sugar 4.1 g
- Protein 4.4 g
- Cholesterol 0 mg

Veggie Quinoa Risotto

PREP TIME: 10 MIN

COOKING TIME: 12 MIN

SERVE: 6



INGREDIENTS

- 185 g quinoa, cooked
- 2 garlic cloves, minced
- 20 g arugula
- 8 g basil, chopped
- 1 tbsp olive oil
- 2 sun-dried tomatoes, soak for a half-hour
- 4 medium tomatoes, chopped
- 1 small zucchini, chopped
- Pepper
- Salt

INSTRUCTIONS

1. Add 2 tomatoes, sun-dried tomatoes, garlic, and basil in a blender and blend until smooth.
2. Heat oil in a pan over medium heat.
3. Add blended tomato mixture and chopped tomatoes to the pan and cook for a minute.
4. Add quinoa and cook for 2-3 minutes.
5. Add arugula and zucchini and mix well. Season with pepper and salt.
6. Serve and enjoy.

NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 455
- Fat 13.1 g
- Carbohydrates 71.6 g
- Sugar 10.8 g
- Protein 16.3 g
- Cholesterol 0 mg

Stir Fry Tofu

PREP TIME: 10 MIN

COOKING TIME: 10 MIN

SERVE: 4

INGREDIENTS

- 175 g mushrooms, sliced
- ½ tbsp rice vinegar
- 1 tbsp soy sauce, low-sodium
- 3 baby bok choy, sliced
- 250 g extra-firm tofu, cut into 1-inch pieces
- 2 tbsp olive oil
- 3 garlic cloves, minced
- Pepper
- Salt

INSTRUCTIONS

1. Heat olive oil in a pan over medium heat.
2. Add garlic and sauté for minute.
3. Add tofu and mushrooms and stir fry for 3-5 minutes.
4. Add bok choy stir fry for 2 minutes.
5. Add vinegar, soy sauce, pepper, and salt, and stir everything well.
6. Serve and enjoy.



NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 133
- Fat 10.8 g
- Carbohydrates 3.8 g
- Sugar 1.2 g
- Protein 7.9 g
- Cholesterol 0 mg

Baked Cauliflower

PREP TIME: 10 MIN

COOKING TIME: 30 MIN

SERVE: 6



INGREDIENTS

- 1 medium cauliflower head, cut into florets
- 2 tbsp olive oil
- ½ tsp cumin
- 1 tsp turmeric
- 2 tbsp basil, chopped
- 2 tbsp water
- 3 garlic cloves, minced
- ½ tsp red pepper flakes, crushed
- Pepper
- Salt

INSTRUCTIONS

1. Preheat the oven to 400 F/ 200 C.
2. In a bowl, toss cauliflower with remaining ingredients except basil until well coated.
3. Spread cauliflower florets onto the baking sheet.
4. Bake in preheated oven for 30 minutes.
5. Garnish with basil and serve.

NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 175
- Fat 13.3 g
- Carbohydrates 8.3 g
- Sugar 1.4 g
- Protein 7.8 g
- Cholesterol 10 mg

Stir Fry Mushroom & Broccoli

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

SERVE: 4

INGREDIENTS

- 175 g mushrooms, sliced
- 60 ml water
- 1 ½ tbsp soy sauce, low-sodium
- 1 ½ tsp grated ginger
- 150 g broccoli florets
- 1 ½ tbsp rice wine vinegar
- ½ medium carrot, shredded
- 2 garlic cloves, minced
- 1 small onion, chopped

INSTRUCTIONS

1. Add broccoli, garlic, water, ginger, mushrooms, and onion to a pan and cook until the onion is softened.
2. Stir in vinegar, soy sauce, and carrot, and simmer for 2 minutes.
3. Serve and enjoy.



NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 48
- Fat 0.3 g
- Carbohydrates 8.3 g
- Sugar 2.9 g
- Protein 3.2 g
- Cholesterol 0 mg