



21 DAY
WHOLE FOOD
PLANT BASED
Challenge



YOUR PLANT STRONG EXPERT

DR MARTYN WILLIAMSON

Dear Participant

Are you searching for health and vitality? Are you dealing with one or more of the many chronic diseases afflicting Western societies? Did you know it was possible to eat your way to wellbeing, lose excess weight without 'dieting', future proof your health and your family's health?

Become an EBE (Evidence based eater) for 3 weeks by following our Whole Foods Plant Based nutrition 21-day challenge. Take the opportunity to access the phenomenal natural healing power your body possesses, simply by eating healthy food, and only healthy food to find out for yourself. This is completely safe for people of all ages and ethnicities. Changes are quick, cravings that drive unhealthy eating patterns dissipate while your health improves. At the same time take the opportunity to learn why WFPB eating is so good for us by checking our resource links. Join the increasing number of people who have cured their heart disease, cured or improved their diabetes (caution if you use insulin as your requirement may drop dramatically, we recommend medical supervision), eased their arthritis, improved their mood, reduced their cancer risk, returned to their healthy weight and just generally felt better. If you are an athlete, get one up on the opposition simply by eating the food which improves recovery, improves muscle blood flow and keeps you in tip top shape. Go plant based and eat WFPB.

Go well, eat well

Dr Martyn

CANNED GOODS & SOUPS

- 3 tins chickpeas
- 1 tin diced tomato

BAKERY

wholegrain bread or pumpernickel

CONDIMENTS, SAUCES & SPICES

- 1 tsp mild curry powder
- 2 tbsp tamari
- ¼ tsp ground paprika
- ¼ tsp ground smoked paprika
- 1½ tsp chinese 5 spice powder
- ¼ tsp chilli flakes
- 3 tbsp apple cider vinegar
- 1½ tsp ground cumin
- ½ tsp ground coriander
- 2 tsp dried thyme
- 1 tsp ground cinnamon
- 1 tsp onion powder
- ¼ tsp turmeric
- 2 tsp garlic powder
- 2 heaped tbsp tahini
- 1 ½ tbsp tomato paste
- 3 tbsp balsamic vinegar

PANTRY

- ¼ tsp vanilla extract
- 5 tbsp maple syrup
- 1 cup dates
- 6 tbsp nutritional yeast
- ¼ cup stuffed green olives



GROGGERY LIST WEEK 1

FROZEN FOOD

- 1 cup peas
- 1 ½ cups strawberries

GRAINS, NUTS AND SEEDS

- 1 ½ cups rolled oats
- 1 packet plain organic rice cakes
- ¾ cups quinoa (raw)
- 1 cup red lentils
- 180g soba noodles
- 2 cups cooked couscous
- 1/4 cup chia seeds
- 1 tbsp sesame seeds
- ¾ cup cashews
- 6-8 walnuts

PRODUCE

- ½ cup spinach
- 1 large cauliflower head
- 1 large potato
- 2 large kumaras
- 2 large sweet potatoes
- 1 aubergine
- 300g button mushrooms
- 4 portobello mushrooms
- 5 lemons
- head of garlic
- 1 cucumber
- 1 bell pepper (red or yellow)
- 2 red onions
- 2 heads of broccoli
- 2 tomatoes
- 6-8 cherry tomatoes
- 1 cup basil leaves
- 3-4 onions
- 4-5 carrots
- 1 large celery stalk

**GROGGERY LIST WEEK 1**

- 1 small apple
- 1 bunch of kale
- parsley
- 2 large bananas
- 2 avocados
- cilantro/coriander
- 1 small lime
- 3 knobs ginger

OTHER

- 2 cartons plant milk of your choice
- plenty of fruit for the week to snack on
- dressing of your choice (no oil or homemade)
- salad mix for the week
- dried vegetable stock for the week



GROGGERY LIST WEEK 1

CANNED GOODS & SOUPS

- 1 tin lentils
- 1 tin chickpeas
- 1 tin light coconut milk

CONDIMENTS, SAUCES & SPICES

- ½ tsp dried sage
- 1 tsp dried thyme
- ½ tsp ground coriander
- 5 tbsp tamari
- 3 tbsp tamari
- 1 cinnamon stick (optional)
- 1 ½ tsp mild curry powder
- ½ tsp cinnamon
- 1 tsp onion powder
- 1 tsp garlic powder
- ¾ tsp turmeric
- ½ tsp coriander seeds
- ¾ tsp ground ginger
- ¼ tsp chilli flakes
- ¼ tsp cumin
- ¼ tsp white pepper
- ¼ tsp smoked paprika
- pinch chili powder
- ½ tsp adobo sauce (optional)
- 2 tsp tomato paste
- 2 tsp bbq sauce
- 2 tsp tomato sauce
- 1 tbsp peanut butter
- few black olives (optional with avocado/potato stack)

NUTS/SEEDS/DRIED FRUIT

- ½ cup whole walnuts
- 2 tsp flax meal
- ¾ cup natural cashews
- 1 ½ tbsp sesame seeds

**GROCERY LIST WEEK 2**

- ¼ cup sundried tomatoes (preferably dry packed, not in oil)

COOKING & BAKING

- 1 tsp cornstarch or arrowroot
- 6 tbsp maple syrup
- 1 tbsp lime juice
- 1 cup panko crumbs
- ½ cup buckwheat flour
- 6 dates

FROZEN FOOD

- 1 cup mango
- 1 cup peas
- ½ cup strawberries
- ½ cup pineapple

GRAINS, BREAD & RICE

- 3 cups raw brown rice
- 2 tbsp quick oats
- 2 tbsp bread crumbs
- 1 cup cooked quinoa
- 6 med tortillas
- 180g soba noodles
- 4 slices wholegrain or pumpernickel bread
- ¾ cup raw quinoa red/black or white
- ¼ cup chia seeds
- 4 rice cakes

PRODUCE

- 3 lemons
- 4 button mushrooms
- 1 bunch parsley
- 1 cup mesclun salad
- 6-8 potatoes
- 1 avocado + 1 optional for taco topping



GROCERY LIST WEEK 2

- 4-6 medium carrots
- 1 ½ cup broccoli florets
- 2 medium beets
- 1 large sweet potato
- 2 spring onions
- 2 cups spinach leaves
- coriander/cilantro
- 2 ripe bananas
- Large knob of ginger
- 3 onions
- 1 large cauliflower head or 2 small heads
- 2 celery stalks
- 1 small red bell pepper
- 1 red onion
- 1 lime
- 2 tomatoes
- 1 small cucumber
- small head of garlic
- 1 radish

OTHER

- 1 carton plant milk of your choice
- plenty of fruit for the week to snack on
- dressing of your choice (no oil or homemade)
- salad mix for the week
- dried vegetable stock for the week

CANNED GOODS & SOUPS

- 1 can light coconut milk
- 2 cans garbanzo beans (chickpeas)
- 1 can crushed tomatoes

CONDIMENTS, SAUCES & SPICES

- ½ tsp ground coriander
- 2 tsp dried thyme
- ½ tsp dried sage
- 2 tbsp balsamic vinegar or coconut amino
- 1 tsp dijon mustard
- 2 ½ tsp ground cumin
- 2 tsp cumin seeds
- 1/2 tsp turmeric
- 1 tsp smoked paprika
- ½ tbsp mild curry powder
- ½ tsp ground cinnamon

NUTS/SEEDS/DRIED FRUIT

- 2 tbsp of broken or chopped walnuts, pecans, or almonds
- 8-10 macadamias
- 1 tbsp pumpkin seeds
- 1/4 cup chopped nuts (optional)
- 2 dates
- 2 tbsp raisins

COOKING & BAKING

- 1 heaped tsp cornstarch or arrowroot
- 3 tbsp of maple syrup
- vanilla essence/extract

FROZEN FOOD**GROCERY LIST WEEK 3**

- 1/2 cup frozen blueberries
- 2 cups frozen mango
- 1/2 cup pineapple

GRAINS, PASTA & RICE

- 6 rice cakes
- 1 cup amaranth
- 2 cups quinoa
- 3 tbsps chia seeds
- 1 cup brown rice
- 1/2 cup raw buckwheat groats
- 1 cup rolled oats
- 1 1/3 cup red lentils

PRODUCE

- 1 ripe banana
- 3 large sweet potato
- 2 medium beets
- 6 carrots
- 4-6 onions
- 1 broccoli head
- bunch parsley
- 1 cup purple cabbage
- 1 bunch spring onions
- 1 bag spinach leaves
- 1 cucumber
- 2 tomatoes
- 2 avocado
- 1 head of garlic
- 4 lemons
- 6 medium zucchini (courgette)
- 1 inch piece ginger



GROGGERY LIST WEEK 3

21 Day Whole Food Plant Based *Challenge*

- Cilantro
- 1 lime optional
- 200g Fresh Mushrooms sliced
- Thyme
- 1 large celery stal
- 1 small red onion
- 1 bell pepper (yellow or red)
- 1 cup basil

OTHER

- 1 carton plant milk of your choice
- plenty of fruit for the week to snack on
- dressing of your choice (no oil or homemade)
- salad mix for the week
- dried vegetable stock for the week



GROGGERY LIST WEEK 3

RECIPES WEEK 1



MUSHROOMS ON WHOLEGRAIN TOAST OR PUMPERNICKEL BREAD

Serving size: 2

Prep time: 5 min

Cook time: 10 min

Ingredients

- 4 large portobello mushroom sliced
- 1/2 tsp dry thyme
- 1 tbsp balsamic vinegar
- 1/4 cup plant milk
- Salt and ground black pepper to taste
- water or stock for sauté
- 2 slices grain bread or other bread, toasted
- 2 tbsp finely chopped parsley

Directions

1. Add the sliced mushrooms and season with a pinch of salt and ground black pepper.
2. Sauté in a small amount of water or stock for a few minutes until the mushrooms are cooked and starting to brown, add the dried thyme and cook until soft and fragrant.
3. Turn the heat to low and add the balsamic vinegar to glaze the pan, add the plant milk. Stir well, check seasoning, cook until milk has reduced some then turn off heat and ladle over the slices of toast. Sprinkle on the parsley.

RECIPES WEEK 1



HEALTHY QUINOA SALAD

Serving size: 2

Prep time: 10 min

Cook time: 15 min

Ingredients

For the Quinoa

- 2 cups vegetable broth (or water)
- 3/4 cups quinoa (raw) red, white or black
- Optional: salt (to taste if using water instead of broth)

For the Vinaigrette

- 1 fresh lemon juiced
- 1 tbsp maple syrup
- 2 cloves garlic (minced) *optional
- Optional: Salt and pepper (to taste)

For the Vegetables

- 1/2 cucumber sliced
- 1/2 bell pepper, red or yellow, diced
- 1/4 small red onion diced
- 1/2 cup broccoli florets lightly steamed
- 1 tomato chopped

Directions

1. In a medium saucepan, bring the vegetable broth (or water, if you prefer) to a boil.
2. Add quinoa and stir, and bring back to a boil.

RECIPES WEEK 1

3. Reduce the heat to low and simmer, covered, for 15 to 20 minutes or until the quinoa absorbs all the liquid.
4. (While the quinoa is cooking, in a small bowl, whisk together the fresh lemon juice, maple syrup, minced garlic cloves, and salt and pepper.)
5. Remove from heat and set aside for 10 minutes, still covered, to allow the quinoa to fully absorb any liquid and become fluffy.
6. Remove the cover from the quinoa and fluff it with a fork.
7. Allow it to cool slightly then toss with the sliced cucumber, diced bell pepper, diced red onion, steamed broccoli, chopped tomatoes, and the lemon-garlic vinaigrette, stirring to combine well.
8. Add more salt and pepper to taste, chill before serving if you have the time, although this is just as tasty at room temperature.

Keep half the mixture for tonights dinner.

RECIPES WEEK 1

**BAKED KUMARA WITH AVOCADO**

Serving size: 2

Prep time: 5 min

Cook time: 25 min

Ingredients

- 1 large kumara Bake an extra Kumara for the next day's lunch
- 1 medium ripe avocado (sliced or cubed)
- 2 tbsp nutritional yeast
- 1 pinch sea salt
- 1 pinch chilli flakes
- diced fresh tomato *optional

Directions

1. Preheat oven to 400 degrees F (204 C) and line a baking sheet with parchment paper or use a non-stick baking tray.
2. Rub sweet potatoes with a bit of water or veggie broth and place face down on the baking sheet.
3. Bake for 25-28 minutes or until tender to the touch. Baking time will vary depending on size of sweet potato.
4. Once sweet potatoes are baked, turn face up and place on serving plate.
5. Top with avocado, nutritional yeast, salt, and chilli flakes.

NOTES

To add a splash of zing add a fresh tomato diced. Serve with a green leafy side salad and a dash of balsamic vinegar.

RECIPES WEEK 1



HEALTHY OIL FREE BASIL HUMMUS

Serving size: 2-3 cups

Prep time: 15 min

Cook time: 0

Ingredients

- 1 tin chickpea drained and rinsed
- 2 tbsp lemon juice
- 2 garlic cloves, minced (raw or roasted)
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/4 cup water (may need more)
- 1 cup fresh basil leaves

Directions

1. Pulse the chickpeas in the food processor 5-7 times to break them up.
2. Add all other ingredients to the food processor.
3. Continue to process until the mix is smooth but still has some texture. You may have to stop once or twice and scrape down the sides of the processor container using a spatula.
4. Chill in the fridge until ready to serve.

NOTES

Start with ½ of water and add more as needed. If you like it lemon-y, add another tablespoon of lemon juice. If basic hummus isn't your jam or you want to upgrade the nutritional value of this hummus, try adding ¼ cup of walnuts, almonds or oil free sundried tomatoes. This hummus can also be made in a Nutri-Bullet. Add all the ingredients to the blender container and pulse 5-10 times. You could use any plant-based milk for the liquid.

RECIPES WEEK 1



WALNUT, KUMARA AND BROCCOLI SALAD

Serving size: 2

Prep time: 10 min

Cook time: 0

Ingredients

kumara from the previous night's dinner, cubed and slightly warmed if needed

1 cup of broccoli florets (could bar boil them as an option)

6-8 walnuts chopped roughly

Dressing

- 3 tbsp apple cider vinegar
- 2 tsp balsamic vinegar
- 2 tsp maple syrup
- ½ tsp fresh ginger root grated
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp garlic powder
- 1½ tsp Chinese 5 spice powder

Directions

1. Place the cubed kumara, broccoli florets and walnuts into a bowl, set aside.
2. Dressing:
3. Put all ingredients in a small jar with lid and shake vigorously. You can also mix in blender or small food processor.
4. Pour enough dressing over the vegetables to coat, mix well and enjoy.

NOTES

Use this dressing for salads throughout the week

RECIPES WEEK 1

**RED LENTIL VEGETABLE SOUP**

Serving size: Serves 2

Prep time: 15 min

Cook time: 30 min

Ingredients

- 1 cups of red lentils
- 1 large onion diced
- 1 large celery stalks finely diced
- 1 tsp dried thyme
- 2 large carrots grated
- 2 cups of low salt vegie stock + 2 cups of filtered water.
- Extra water might be needed to simmer soup until cooked

Directions

1. Gradually use small amounts of the stock to sauté the onion and celery till soft.
2. Add the thyme and sauté for 1 min.

RECIPES WEEK 1

5. Add the remaining ingredients including the rest of the stock and enough water to simmer the soup.
6. Simmer on low till cooked (approx. 25min).
7. You may need to add extra water to avoid the soup reducing too much.
8. Serve hot with wholegrain bread/toast
9. Salt and pepper to taste.

Enjoy.

Optional:

Once cooked take out a cup of soup and put aside, blend the remaining soup with a whiz stick. Re-combine so you have a thicker style of soup.

NOTES

Turn it up a notch and top the soup with a handful of baby spinach, nutritional yeast, lemon pepper, toasted pumpkin seeds.

Reserve half for the next day's lunch

RECIPES WEEK 1

**HEALTHY APPLE CINNAMON OATMEAL**

Serving size: 1

Prep time: 10 min

Cook time: 5 min

Ingredients

- ½ cup of rolled oats
- 1 small apple grated
- ¼ tsp ground cinnamon
- 2 dates finely chopped
- 1 cup of water plus extra if needed (or a mixture of water and plant milk for a creamier outcome).

Directions

1. In a small pot combine the rolled oats, liquid (water/plant milk), chopped dates, Cinnamon and the grated apple. Mix well.
2. Bring to the boil and simmer until a porridge consistency is reached or until cooked.
3. Serve.

RECIPES WEEK 1



CAULIFLOWER & MUSHROOM RISOTTO

Serving size: 2

Prep time: 12 mins

Cook time: 12 mins

Ingredients

- 1/2 head medium cauliflower, cut into large florets
- 300g brown mushrooms, sliced
- 1 onion, finely chopped
- 1 large garlic clove, minced
- 1/2 tsp dried thyme
- 1 ½ cups vegetable stock
- 1/4 tsp salt
- Ground black pepper, to taste
- 2 tbsp plant milk
- 1 tbsp nutritional yeast
- 2 tbsp parsley, finely chopped

Directions

1. Cut the cauliflower in half and keep one half for Saturday's dinner
2. In a food processor, add cauliflower florets in 3-4 batches and process until "rice" forms. The key to proper coarse rice texture is not to overcrowd the bowl of food processor. Transfer to a bowl and set aside.
3. Preheat large non-stick skillet on medium – high heat and add mushrooms and a small amount of stock, cook until golden brown or about 5 minutes, stirring occasionally. Transfer to a bowl and set aside.

RECIPES WEEK 1

4. Return skillet to medium heat, gradually use small amounts of the stock to sauté the onion until soft then add the garlic and thyme, sauté for a further 2 minutes (using approx. ½ cup stock).
5. Add cooked mushrooms, cauliflower “rice”, stock, salt and pepper. Stir, cover and cook until the stock is absorbed, about 6-8 mins. Lastly pour over the plant milk and sprinkle over the nutritional yeast, close lid and cook for 2 mins
6. Turn off heat, add salt and pepper to taste and parsley; Serve warm.

NOTES

Retain half the risotto for tomorrow’s lunch.

RECIPES WEEK 1



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STRAWBERRY CHIA PUDDING

Serving size: 1

Prep time: 5

Cook time: 0

Ingredients

- 1 cup non-dairy milk
- 1/4 cup chia seeds
- 1/2 cup strawberries, frozen
- 12 natural cashews
- 2-3 dates
- 1/4 tsp vanilla extract

Directions

Blend all ingredients in a Vitamix or Nutri-Bullet or blender.

RECIPES WEEK 1



MOROCCAN AUBERGINE AND CHICKPEA STEW

Serving size: 2

Prep time: 15 min

Cook time: 40 min

Ingredients

- 1 medium onion, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 1 knob fresh ginger sliced finely
- 1 large potato, peeled cut into small cubes
- 1 aubergine roughly diced
- 1 ½ tbsp tomato paste
- 1 tsp mild curry powder
- ½ tsp ground cumin
- ¼ tsp ground paprika
- ½ tsp ground coriander
- ½ tsp ground cinnamon
- ¼ tsp ground turmeric
- ¼ tsp salt
- 1 can of diced tomatoes
- ½ can chickpeas drained and rinsed
- 2 kale leaves (taken off the stalk) sliced
- ¼ cup chopped dried dates
- 500ml low-sodium vegetable stock (use more water if not enough liquid to just cover vegetables)
- 1 lemon, zest of
- handful fresh parsley leaves

- 2 cups of cooked couscous

Directions

RECIPES WEEK 1

1. Sauté the onions till soft in a small amount of stock then add the garlic and ginger, sauté until fragrant. Add all spices and the salt, toss to combine and cook for a minute.
2. Add the aubergine and tomato paste, cook for 2 minutes stirring frequently. Add a splash of water if needed to avoid burning the bottom of the pan.
3. Then add the can of diced tomato, chickpeas, sweet potato, kale, dates and stock. Stir and bring to the boil, lower the heat, put the lid on the sauce pan and slowly simmer for 35-40 minutes, stirring occasionally.
4. Meanwhile cook the couscous according to the packet instructions.
5. Taste and adjust seasoning, adding more salt if needed
6. Serve with couscous, sprinkle with lemon zest and fresh parsley.
7. Enjoy!

NOTES

Retain half the meal for tomorrow's lunch.

RECIPES WEEK 1

**SUPER CHARGED MORNING SMOOTHIE**

Serving size: 1

Prep time: 5

Cook time: 0

Ingredients

- 3/4 cup almond milk (or any plant milk and you can also just use water if preferred)

- 1/4 cup water
- 1 cup frozen fruit of your choice (strawberries, raspberries, blueberries, blackcurrants)
- 1 banana
- 1 inch of fresh ginger
- 1/2 cup spinach

Directions

Peel the banana and add to the blender/Vitamix/Nutri-Bullet with all the other ingredients. Blitz on high power for around 30 seconds. Depending on what consistency you like, you may want to add a little more milk or water.

NOTES

Optional: Add 1/2 cup oats if you would like a thicker more filling smoothie.

RECIPES WEEK 1



SWEET POTATO CHICKPEA BUDDHA BOWL

Serving size: 2

Prep time: 10 mins

Cook time: 40 mins

Ingredients

VEGETABLES

- 1 medium red onion (sliced in wedges)
- 2 large sweet potatoes (quartered)
- 1 small head of broccoli cut into large florets
- 2 big handfuls roughly chopped kale (stems removed)
- salt + pepper to taste

CHICKPEAS

- 1 can chickpeas drained and rinsed (reserve chickpea juice)
- 2 tbsp aquafaba liquid from the can of chickpeas
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 3 tbsp nutritional yeast
- ½ teaspoon salt

TAHINI SAUCE (OPTIONAL)

- 2 heaped tbsp tahini
- 1 tbsp maple syrup
- 1/4 to 1/2 medium lemon (juiced)
- 1-2 tbsp hot water (to thin)

Directions

1. Preheat oven to 400 degrees F (204 C) and arrange sweet potatoes and onions on a non-stick baking tray. Drizzle both with a bit of veggie stock, making sure the flesh of the sweet potatoes is well coated and placed skin side down on the sheet. Bake for 15 mins
2. Drain the chickpeas (reserving 2 tbsp. of the chickpea brine) and pat dry with a clean tea towel and spread out over another baking tray. Bake for 30 mins

RECIPES WEEK 1

3. Remove the vegetables from the oven and flip sweet potatoes and add the broccoli. Drizzle broccoli with a bit of stock and season with a pinch of salt and pepper.
4. Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with a touch more stock. Bake for another 4-5 minutes then set aside.
5. Remove the chickpeas from the oven and coat in the chickpea brine and the seasonings, you may want to do this in a bowl then transfer back to the baking tray. Bake for a further 10 mins or until the chickpeas are browned and fragrant, remove from heat and set aside.
6. Prepare sauce by adding tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.
7. To serve: Slice sweet potatoes into bite size pieces. Divide vegetables between 2 serving bowls and top with chickpeas + tahini sauce.
8. Reserve one bowl for tomorrow's lunch.

Best when fresh, though leftovers will keep for a few days in the fridge.

Keep half for tomorrow's lunch

RECIPES WEEK 1



AVOCADO ON WHOLEGRAIN TOAST OR PUMPERNICKEL

- ½ Avocado
- 2 Slices of toast
- Salt, pepper and spices to taste (your choice)

RECIPES WEEK 1



PEA AND CARROT SOBA NOODLES

Serving size: 1

Prep time: 10

Cook time: 10

Ingredients

Soba

- 180g soba noodles
- 1 cup cooked and chilled peas (mix of fresh green peas and edamame beans optional)
- 2 medium-sized carrots finely sliced julienne or ribbon peeled
- 1/4 cup chopped fresh cilantro
- 1 tbsp sesame seeds
- Ginger-sesame sauce
- 2 tbsp tamari
- 1/2 small lime, juiced
- 1 tbsp maple syrup
- 1 teaspoon freshly grated ginger
- 1/2 teaspoon chilli garlic sauce or sriracha (optional)

Directions

1. To make the sauce put all ingredients in a blender and blend until smooth. Set aside.
2. Bring a big pot of water to a boil.
3. Pour the sesame seeds into a small pan. Toast for about 4 to 5 minutes over medium-low heat, shaking the pan frequently to prevent burning, until the seeds are turning golden and starting to make popping noises.

RECIPES WEEK 1

4. Once the pot of water is boiling cook the soba noodles just until al dente, according to package directions (probably about 5 minutes), then drain and briefly rinse under cool water.
5. Combine the soba noodles, peas and carrots in a large serving bowl. Pour in the dressing and toss with salad servers. Toss in the chopped cilantro and toasted sesame seeds.
6. Serve.

NOTES

Save half the meal for tomorrow's lunch

RECIPES WEEK 1



3 INGREDIENT PANCAKES

Serving size: 1-2

Prep time: 5 mins

Cook time: 10 mins

Ingredients

- 1 cup of rolled oats
- 1 large ripe banana
- 1 cup of plant milk

Directions

1. Place all ingredients in a blender and blend to a “batter” consistency
2. Heat a non-stick pan on a medium to low heat
3. Using a third of the batter pour equal size pancakes
4. Allow the pancakes to cook until bubbles appear, then flip and cook until golden, approx. 1-2 mins each side.
5. Top with nuts, fruit or anything that is whole and healthy.

RECIPES WEEK 1



ROASTED CAULIFLOWER STEAKS WITH PAPRIKA CASHEW CREAM

Serving size: 2

Prep time: 10 mins

Cook time: 12 mins

Ingredients

- ½ Head of Cauliflower
- 6-8 cherry tomatoes halved

Cashew sauce

- 1/2 cup raw cashew
- Hot water for soaking just enough to cover nuts
- Juice of 1/2 of Lemon
- 1/4 tsp ground smoked paprika
- 1/2 tsp minced garlic or garlic powder
- Pinch of cayenne (optional)
- Dash of salt and pepper to taste

Garnishes

- Lemon slices to garnish
- Garnish with fresh parsley
- 1/4 cup Stuffed green olives
- Sprinkle red chilli flakes

Directions

1. Soak the cashews in just boiled water for 15mins.
2. Preheat oven to 450F.
3. Next slice your cauliflower lengthwise through the core.
4. Place cauliflower and cherry tomatoes on flat non-stick baking tray. Coat in Veggie broth and a pinch of salt, pepper.
5. Roast at 450 for 9 minutes. Grill an addition 1 to 2 minutes or until the edges the cauliflower steaks have browned.
6. Remove and set aside.
7. Next make your paprika Cashew Cream. Blend the cashews and soaking water until smooth, add paprika, cayenne, garlic, salt/pepper, lemon. Feel free to sweeten it with a 1 tsp of maple syrup if desired.
8. Plate your Cauliflower steaks and tomatoes.
9. Garnish each plate with lemon slices, olives, chilli flakes, parsley, and additional seasoning of choice.
10. Spoon paprika cashew cream on top of each steak or serve in dip bowl alongside it.

NOTES

Serve with a side salad of leafy greens and a dash of oil free vinaigrette.

RECIPES WEEK 2



PEANUT BUTTER ON WHOLEGRAIN OR PUMPERNICKEL TOAST

Serves 1

Prep 5 min

Ingredients

- 1 tbsp peanut butter spread
- 2 slices of wholegrain or pumpernickel bread toasted
- 1 small banana sliced
- cinnamon to sprinkle



RECIPES WEEK 2

RECIPES WEEK 2

CREAMY VEGETABLE SOUP with TOAST**Serves 2****Prep 10 min****Cook 15 min****Ingredients**

- 800 mls water
- 1/2 head cauliflower, cut into large pieces
- 1 small onion, coarsely chopped
- 1/2 tsp minced fresh garlic
- 1 large potato (or another starchy vegetable parsnip/pumpkin etc.) chopped into small cubes
- 1 small celery stalk coarsely chopped
- 1 large carrot diced
- 1/4 cup cashews
- 1/4 tsp turmeric
- 1/2 tsp mild curry powder
- 1/4 tsp white pepper
- 1/2 tsp salt
- chopped parsley for topping
- 2 slices wholegrain or pumpernickel bread

- optional:
thinly sliced green onion

Directions

1. Combine all ingredients in a medium soup pot. Bring to a boil, cover and cook over medium heat for 15 mins or until all the vegetables are tender. You may need to top up with water if too much has evaporated during cooking time.
2. Blend in batches in a food processor or use a blender stick. Serve hot.
3. Garnish with thinly sliced green onions if desired.

Keep half the soup for tomorrow's lunch which you can have with toast and a side salad of your choice.

RECIPES WEEK 2



WALNUT TACOS

Serves 2

Prep 5 min

Cook 30 min

Ingredients

Taco

- ¼ cup sun-dried tomatoes (preferably packaged dry, not in oil)
- ½ cup whole walnuts
- ¼ tsp sea salt
- 1 clove garlic minced
- ½ tsp adobe sauce (optional)
- pinch chili powder

RECIPES WEEK 2

- 1/4 tsp cumin
- ¼ tsp smoked paprika
- 1/4 tsp onion powder
- 1 tbsp water as needed (plus more as needed)
- 3 medium tortillas

Toppings

- 1 tomato chopped
- 1/3 cup diced cucumber
- your choice of salad leaves
- sprinkle of finely chopped fresh coriander
- avocado (optional)
- Sliced radish

Directions

1. Add sun-dried tomatoes to a small bowl and cover with warm water. Set aside and allow to soak for at least 5 minutes.
2. To the bowl of a food processor add walnuts and pulse into a semi-fine meal (some larger chunks are okay. Be careful not to churn into a butter). Transfer walnuts to a medium mixing bowl and set aside.
3. Drain the sun-dried tomatoes (reserving the water in a small bowl to add back to the sauce later on) and add to the bowl of the food processor. Add garlic, sea salt, smoked paprika, cumin, chili powder, onion powder and blend until a smooth paste is formed. Add 1 Tbsp (15 ml) of reserved water at a time until a thick but pourable sauce is formed.
4. Taste and adjust flavor as needed, adding more salt for saltiness, garlic for more “zing”.
5. Add mixture to walnuts and stir to combine. At this point, you can taste and adjust flavors as needed once more.
6. Place taco meat onto a tortilla and load up with toppings. Enjoy!!

Keep half for tomorrow's lunch

RECIPES WEEK 2



RECIPES WEEK 2

GREEN SMOOTHIE

Serves 1

Prep 5 min

Ingredients

- 1 cup fresh spinach (or a small amount of frozen spinach)
- ½ - ¾ cup plant milk or water
- ½ cup pineapple (frozen or fresh)
- ½ cup mango (frozen)

Directions

1. Tightly pack spinach in a measuring cup.
2. Add spinach to blender with water or plant milk (or a combination of the two). Blend together until all chunks are gone. (Should resemble green water when blended well).
3. Add pineapple and mango to blender.
4. Blend all together until smooth and creamy. Depending on your blender, this could take as little as 30 seconds or as long as 2 minutes.
5. Pour into a glass and serve immediately.

RECIPES WEEK 2



RECIPES WEEK 2

STICKY SESAME CAULIFLOWER WINGS

Serves 2
Prep 15 min
Cook 25 min

Ingredients

- 1 small head cauliflower
- 1 cup panko bread crumbs (seasoned with salt and pepper)
- 2 cups of cooked rice (brown or brown basmati)

Batter

- 1/2 cup buckwheat flour
- 1/2 cup plant milk
- 1/4 tsp sea salt
- 1/2 tsp ground black pepper
- 1/2 tsp garlic powder
- 1/4 tsp crushed chilli flakes (leave out if you don't like spicy)

Sauce

- 4 tbsp maple syrup
- 2 tbsp tamari
- 1/2 tsp sesame seeds
- 1/4 tsp ground black pepper
- 3/4 tsp ground ginger

chopped scallions & sesame seeds, for garnish

Directions

1. Preheat oven to 450 F degrees. Meanwhile cook 1 cup of rice using your preferred method.
2. Mix sauce ingredients together well and set aside.
3. Remove florets from the cauliflower (aka don't use the stem). Chop the cauliflower into smaller pieces.

RECIPES WEEK 2

4. In a separate bowl, whisk all the batter ingredients. Place the bread crumbs in a bowl. Line it up beside the batter bowl.
5. Toss the cauliflower in the batter mixture one at a time, shaking off excess batter. Do not soak. Then, dip the cauliflower into the breadcrumbs to coat completely, then place onto a non-stick baking tray. Repeat until all of the wings are coated
6. Bake for 22 minutes.
7. Throw you rice on to cook whilst the cauliflower bites are baking.
8. Please ensure your oven is completely preheated and hot. While baking, prepare the ingredients for the sauce by whisking together.
9. Remove from oven. The wings will be crispy. Coat the wings in the sauce. Bake for another 5 minutes.
10. Remove from oven and serve immediately with your choice of salad and a serve of rice.

Keep half for tomorrow's lunch



CARIBBEAN CHICKPEA CURRY

Serves 2

Prep 15 min

Cook 1-hour 15min

Ingredients

- 1 large onion diced
- 2 cloves of minced Garlic
- 1/2 tsp coriander seeds
- 1/2 tsp turmeric
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp cinnamon
- 1 tsp mild Curry Powder
- 1 cinnamon Stick (optional)
- 1 tbsp fresh ginger grated (or 1/2 tsp ginger powder)
- 1/2 L vegetable Stock
- 3/4 - 1 tin light coconut milk
- 1 banana mashed
- 1 tbsp tamari
- 1 tsp lime juice or 1/2 freshly squeezed lime
- 1 tin of chickpeas
- lemon wedges to serve
- chopped fresh coriander to serve
- Salt to taste
- 1 cup broccoli florets
- 2 cups cooked basmati or brown rice

Directions

1. Combine the banana, half the coconut milk, tamari and lime juice and set aside.
2. Sauté the onions until soft with a small amount of water or veggie broth until soft, add the minced garlic and cook for 1 minute, add coriander, turmeric, garlic and onion powder, cinnamon and curry powder, cook off the spices for around 2 minutes stirring gently until they start to smell sweet (you may need to add some extra water/stock if the pan seem)

3. Add in the fresh ginger and cook off for a minute.
4. Add half of the stock, the rest of the light coconut milk and chickpeas.
5. Cover and simmer for 45 mins to allow the chickpeas to soften, add more stock if needed along the way.
6. Steam the broccoli lightly.
7. Lastly stir in the banana mixture and serve with a lemon wedge, chopped coriander and broccoli.

Keep half for tomorrow's lunch



RECIPES WEEK 2

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SWEET MANGO BREAKFAST RICE

Serves 1

Prep 5 min

Cook 1 min

Ingredients

- 1 cup cooked brown rice
- 3 dates
- 1/3 cup plant milk or water
- 1/4 cup frozen mango

Directions

Heat the rice in a microwave until warm, about 1 minute.
Place dates and liquid in a blender and process briefly, add the mango and process until smooth.
Pour over the warmed rice

Recipe Hint : Use different fruit. Add vanilla extract or cinnamon for extra flavor and sprinkle with toasted desiccated coconut



RECIPES WEEK 2

ROAST BEETS CARROTS AND SWEET POTATOES**Serves 2****Prep 15 min****Cook 30 min****Ingredients**

- 1 large sweet potato skin on cubed
- 2 medium beets peeled and cubed
- 2 medium carrots peeled and sliced
- ½ tsp ground coriander
- 1 tsp dried thyme
- ½ tsp dried sage
- ½ tsp black pepper
- ½ tsp sea salt

Coating for vegetables

¼ cup of veggie stock combined with 1 heaped tsp cornstarch or arrowroot, mix well until smooth

Directions

1. Preheat oven to 375 F degrees
2. Toss the vegetables in the spices, dried herbs and vegetable coating until evenly coated
3. Spread the vegetables out along a non-stick baking tray
4. Bake for 30 mins or until your desired tenderness and crispiness
5. Serve hot with your favourite salad leaves.

Keep half for tomorrow's lunch

RECIPES WEEK 2

**AVOCADO AND POTATO STACK**

Serves 1

Prep 5 min

Cook 13 min

Ingredients

- 2 large baking potatoes
- 1 avocado
- 1/2 lemon (juice + zest)
- 1 cup of mesclun salad
- Salt and pepper to taste
- 1 tomato sliced
- few black olives

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Directions

1. Wash the potato and prick all over with a fork.
2. Microwave on high for 3 mins, remove and thickly slice lengthwise, sprinkle each side with salt.
3. Place on a nonstick pan and brown on both sides for about 10 mins.
4. Mash the avocado and mix in the lemon juice and zest, season with salt and pepper.
5. Layer the potato, sliced tomato and avocado mix on a bed of salad greens. Top with an olive (optional)

Retain half for tomorrow's lunch

RECIPES WEEK 2



RECIPES WEEK 2

LENTIL LOAF**Serves 2****Prep 15 min****Cook 45 min****Ingredients**

- 1 cup lentils drained and rinsed
- 1 small onion, diced
- 1 small carrot, diced
- 1 small celery stalk, diced
- ½ diced red bell pepper
- 1/3 cup diced mushrooms
- 1 clove garlic, minced
- 2 tsp tomato paste
- 2 tsp bbq sauce
- 2 tsp flax meal
- 1 tbsp chopped parsley
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 tbsp quick oats
- 2 tbsp breadcrumbs
- 2 tsp tomato sauce
- 3-4 potatoes for mashing

Directions

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. In a large skillet over medium heat, sauté onion, carrots, celery, pepper, and mushrooms with a pinch of salt and pepper until softened. Add the garlic and sauté another minute longer.
2. In a food processor, pulse together the lentils, cooked vegetables, tomato paste, bbq sauce, flax meal, parsley, salt, pepper, oats, and breadcrumbs. You may have to work in batches if your food processor is small. Do not puree, but

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blend into a chunky dough. You want some bits of veggies for texture.

3. Form the dough into a ball and place on the prepared cookie sheet. Form into a "loaf". Bake for 35 minutes.
4. Meanwhile peel and cube the potatoes, bring to the boil and cook until tender, mash with a splash of plant milk or stock, mash until smooth.
5. Remove loaf from the oven and spread the ketchup on top. Bake for another 10 minutes. Let the lentil loaf cool at least 10 minutes as it firms up during this time.
6. Serve with a side of salad and mashed potatoes.

RECIPES WEEK 3



BREAKFAST AMARANTH WITH WALNUTS AND MAPLE SYRUP

Serves 1-2

Prep 5 min

Cook 25 min

Ingredients

- 1 cup amaranth
- 2 cups water
- 2 tbsp broken or chopped walnuts, pecans, or almonds;
- Drizzle of maple syrup
- Splash of plant milk

Directions

1. In a saucepan combine the amaranth and the water.
2. Cover the pan and bring the mixture to a boil, whisking occasionally. Using a heatproof rubber spatula, push any seeds clinging to the side of the pot into the liquid then reduce the heat to low and continue to simmer, uncovered, until the liquid is absorbed, 20 to 25 minutes.
3. Remove the pan from the heat and let it stand, covered, 5 to 10 minutes. Serve with nuts, honey, and plant milk.

Notes

Add chopped fresh fruit to add more fibre to supercharge your breakfast

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DETOX BROCCOLI SOUP

Serves 2

Prep 5 min

Cook 10 min

Ingredients

- 1 small onion chopped
- 1/2 broccoli head
- 1/2 can light coconut milk
- salt, pepper, nutmeg
- Veggie stock / water for sautéing onion and extra liquid for boiling broccoli

TOPPINGS:

- crushed macadamias
- parsley, chopped
- avocado

Directions

1. In a pot sauté onion in stock till soft.
2. Add the coconut milk and the broccoli (broken into florets) to a sauce pan and bring to a boil. Let simmer for about 5 minutes until the broccoli softens.
3. Remove from heat.
4. After letting it cool a bit, transfer to a blender and process until smooth. Transfer back to the saucepan. Reheat and season to taste with salt, pepper, and nutmeg. Serve with toppings.

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SWEET POTATO MASH & RAINBOW SALAD

Serves 2

Prep 15 min

Cook 10 min

Ingredients

- 1-2 large Sweet potato, peeled and diced
- 1 cup purple cabbage finely sliced
- 1/2 avocado diced
- 1/2 cup broccoli florets (small)
- 1 spring onion finely sliced
- 1 small carrot grated
- 1 cup spinach leaves
- 1/4 cucumber diced
- 1 tomato diced
- 1 tbsp. pumpkin seeds (toasted optional)
- 1 tsp finely chopped parsley
- Dressing:
 - 1 tbsp balsamic vinegar
 - ½ tsp Dijon mustard
 - 1 tbsp of maple syrup

Directions

1. Steam the sweet potato until tender (10 min).
2. Combine and mix all vegetables adding the pumpkin seeds last.
3. Mash the sweet potato, add salt and pepper to taste and the chopped parsley. Mix well.

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4. Whisk the balsamic vinegar, maple syrup and Dijon mustard in a small bowl. Pour the dressing over the salad and toss to combine. Serve with mashed sweet potato

**QUINOA WITH GRILLED ZUCCHINI, GARBANZO BEANS, AND CUMIN**

Serves 2

Prep 15 min

Cook 15 min

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Ingredients

- 1 can garbanzo beans (chickpeas), drained
- 3 tbsp fresh lemon juice
- 2 garlic cloves, peeled and minced
- 2 teaspoons cumin seeds
- 1/2 tsp turmeric, divided
- 1 tsp smoked paprika, divided
- 2 cups water
- 1 cup quinoa (about 6 ounces), rinsed well, drained
- 1/2 tsp coarse kosher salt
- 5 medium zucchini (courgette) trimmed, quartered lengthwise
- 1 1/2 tsp ground cumin
- 4 spring onions, thinly sliced
- 1/4 cup chopped fresh parsley

Directions

1. Preheat oven to 350 degrees F.
2. Combine garbanzo beans and lemon juice and garlic in large bowl. Stir to combine. Let marinate at least 15 minutes.
3. Place zucchini on a baking tray and sprinkle with ground cumin, 1/4 teaspoon turmeric, and 1/2 teaspoon paprika. Toss to coat evenly, you may use a small amount of water or veggie stock to help coat the zucchini. Bake for 15 mins
4. Heat a saucepan over low-medium heat. Add cumin seeds, 1/4 teaspoon turmeric, and 1/2 teaspoon paprika; stir until fragrant, about 1 minute. Add 2 cups water, quinoa, and salt; bring to simmer, stirring occasionally. Reduce heat to medium-low. Cover and simmer until all water is absorbed, about 16 minutes.
5. Add zucchini, green onions, and parsley, then garbanzo bean mixture to quinoa. Toss to blend. Season with salt and pepper.

Reserve half of the meal for lunch tomorrow

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**GREEN CHIA BREAKFAST PUDDING**

Serves 1

Prep 5 min

Ingredients

- 2 dates (pit removed)
- 1 cup plant milk

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- 1 handful fresh spinach
- 3 tbsp chia seeds

Directions

1. In a high-speed blender, blend the dates, milk, chia seeds and spinach until very smooth
2. Place in the refrigerator to chill.
3. Just before serving, stir again, then top with fruit (optional)
4. Enjoy!



RECIPES WEEK 3

21 Day Whole Food Plant Based *Challenge***CURRIED LENTIL, TOMATO, AND COCONUT SOUP****Serves 2****Prep 10 min****Cook 25 min****Ingredients**

- 1-2 tbsp veggie stock/water
- 1 small onion, finely chopped
- 1 garlic clove, finely chopped
- 1-inch piece ginger, peeled, finely grated
- 1/2 tbsp mild curry powder
- pinch chilli flakes - optional
- 1/3 cup red lentils
- 1/2 can crushed tomatoes
- 1 ¼ cups of water
- 1/4 cup finely chopped cilantro/coriander
- Salt, freshly ground pepper to taste
- 1/2 can light coconut milk
- Lime wedges (for serving) -optional

Directions

1. Sauté onion in the stock or water, stirring often, until softened.
2. Add garlic, ginger, curry powder, and red pepper flakes and cook, stirring, until fragrant, about 1 minute.
3. Add lentils, stirring, 1 minute. Add tomatoes, ½ the cilantro, a pinch of salt, and 1 ¼ cups water.
4. Set aside 1 tbsp of coconut milk for serving and add remaining coconut milk to saucepan. Bring mixture to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 15-20 minutes.

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- 5 Season soup salt and pepper if needed.
- 6 To serve, place a serve of soup in a bowl, drizzle with coconut milk and top with more cilantro. Serve with lime wedges.

Reserve half of the soup for tomorrow's lunch

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ANTIOXIDANT BLUEBERRY SMOOTHIE

Serves 1

Prep 5 min

Ingredients

- 1/2 cup of frozen blueberries
- 1/2 cup plant milk
- 1/2 cup spinach
- ½ an avocado (optional)
- a small pinch of sea salt
- 2-3 pieces of frozen mango (cubes)

Directions

Blend ingredients together until smooth

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**MUSHROOM AND SPINACH RISOTTO**

Serves 2

Prep 10 min

Cook 35 min

Ingredients

- 200g Fresh Mushrooms sliced
- Garlic cloves (few) crushed
- 1 cup spinach leaves chopped
- 1 onion diced

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- 4 cups of low sodium vegetable stock
- 1 tbsp each chopped fresh thyme & parsley (or dried)
- 1 cup of brown rice
- 1 Lemon (Finely grate for the zest)

Directions

1. Sauté the diced onion with a small amount of the vegetable stock or as needed until onions are soft.
2. Add thyme to the pan with the minced garlic, cook for a minute.
3. Add the rice, stir through then add enough stock to cover the rice, bring to a simmer.
4. Meanwhile using a second pan add the sliced mushrooms and cook in a small amount of stock until the mushrooms are soft.
5. Keep adding stock to the rice as needed to just cover the rice, if you find you need more stock and you have used all the stock up just adapt and add water (will take approx. 25 mins).
6. Once the rice is just about done top with chopped spinach and mushrooms (do not stir through), cover and cook for a few minutes.
7. Serve with grated lemon zest and parsley. Chop the lemon into wedges and squeeze over the dish.
8. Add a side salad to this dish including lots of leafy greens.

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SWEET BUCKWHEAT PORRIDGE

Serves 1

Prep 5 min

Cook 15 min

Set 15 min

Ingredients

- 1/2 cup raw buckwheat groats
- 1 cup water
- 2 tbsp. raisins
- 1/2 tsp. ground cinnamon
- 1/4 tsp. vanilla extract
- 1/4 cup warmed rice milk or your choice of plant milk
- chopped nuts (optional)

Directions

1. Rinse buckwheat and place in a pot.
2. Add water, raisins, cinnamon and vanilla, bring to the boil.
3. As soon as the water starts to boil turn down and cover the pot with the lid. Don't mix the buckwheat, let cook for 15 min (by that time the liquid should have evaporated).
4. Turn off the heat and let buckwheat porridge sit for another 15 min.
5. Add the plant milk to reach preferred consistency. Sprinkle with chopped nuts if desired.

Optional:

Top with chopped fruit for extra fibre and a dollop of nut butter

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21 Day Whole Food Plant Based *Challenge***QUINOA AND ROASTED VEGETABLES**

Serves 2 Prep 10 min Cook 35 min

Ingredients

- 1 small red onion, sliced
- 1 medium courgette, sliced
- 1 bell pepper (yellow or red) sliced
- 1 carrot, peeled and sliced
- 2 whole cloves garlic, peeled
- 1 tbsp fresh thyme (or 1 teaspoon dried)
- Sea salt
- Black pepper
- 1 cup quinoa
- 2 cups vegetable stock
- 1 tbsp balsamic vinegar
- ½ tsp Dijon mustard
- 1 tbsp maple syrup

Directions

1. Preheat oven to 425°F.
2. Place the onion, zucchini, bell peppers, carrots, and garlic in a large roasting pan. Drizzle with a small amount of stock. Sprinkle the thyme on top and season with a pinch of salt and pepper.
3. Roast in the oven until vegetables are softened 30-35 minutes.
4. While vegetables are roasting, make the quinoa. Place the quinoa and vegetable stock in a medium saucepan and bring to a boil over high heat. Cover the pot and reduce heat to low. Simmer until cooked, 12-15 minutes. Season with salt to taste. Remove from heat and transfer quinoa to a large bowl. Add the roasted vegetables to the bowl.
5. Whisk the balsamic vinegar, maple syrup and Dijon mustard in a small bowl. Pour the dressing over the quinoa and vegetables and toss to combine. Serve warm or cold.

RECIPES WEEK 3

WEEK 1 MEAL PLAN				
WEEKDAY	BREAKFAST	LUNCH	DINNER	NOTES/SNACKS
SUNDAY	Mushrooms on Wholegrain Toast (or Pumpernickel Bread)	Healthy Quinoa Salad	Baked Kumara & Avocado (with left over quinoa salad) NB cook an extra Kumara for the following day's lunch	Make Hummus* batch tonight for tomorrows breakfast
MONDAY	Basil Hummus* with Rice Cakes and Tomato	Walnut, Kumara & Broccoli Salad	Red Lentil Vegetable Soup and Wholegrain Bread	Eat fruit, dried fruit, vegetables, and nuts (small amount of nuts) to snack on when hungry
TUESDAY	Healthy Apple Cinnamon Oatmeal	Left over Red Lentil Soup and a salad of your choice	Cauliflower and Mushroom risotto	Use left over Hummus as a dip with veggie sticks and rice cakes
WEDNESDAY	Strawberry Chia Pudding	Left over Risotto with salad of your choice	Moroccan Aubergine and Chickpea Stew	
THURSDAY	Supercharged Berry Breakfast Smoothie	Left over Moroccan Aubergine and Chickpea Stew with salad of your choice	Sweet Potato Chickpea Buddha Bowl	
FRIDAY	Avocado on Wholegrain Toast (or Pumperknickel Bread)	Left over Sweet Potato Chickpea Buddha Bowl	Pea and Carrot Soba Noodles	
SATURDAY	3 Ingredient Pancakes	Left over Pea and Carrot Soba Noodles with salad of your choice	Roasted Cauliflower steaks with paprika cashew cream	

WEEK 2 MEAL PLAN				
WEEKDAY	BREAKFAST	LUNCH	DINNER	NOTES/SNACKS
SUNDAY	Peanut Butter & Banana on Toast	***Healthy Quinoa Salad <i>(repeat from week 1)</i>	Creamy Vegetable Soup	
MONDAY	***Strawberry Chia Pudding <i>(repeat from week 1)</i>	Left over Creamy Vegetable Soup	Walnut Tacos with your choice of salad	
TUESDAY	Green Smoothie	Left over Red Lentil Soup and a salad of your choice	Sticky sesame Cauliflower Wings over Rice with your choice of salad	
WEDNESDAY	Rice Cakes with your choice of spread peanut-butter or Jam/tomato	Left over Sticky Sesame Cauliflower Wings and Salad	Chickpea Caribbean Curry with Steamed Broccoli	Eat fruit, nuts and dried fruit inbetween meals
THURSDAY	***Supercharged Mango Breakfast Smoothie NB thaw extra mango for tonight's salad <i>(repeat from week 1)</i>	Left over Caribbean Chickpea Curry	***Pea and Carrot Soba Noodles <i>(repeat from week 1)</i>	Cook brown rice for next day's breakfast
FRIDAY	Sweet Mango Breakfast Rice	Left over Pea and Carrot Soba Noodles with Salad	Roast Beets, Carrots, and Sweet Potato with Salad	
SATURDAY	Avocado and Potato Stack	Left over Roast Beets, Carrots, and Sweet Potato with Salad	Lentil Loaf	cook quinoa for tomorrow's lunch

WEEK 3 MEAL PLAN

WEEKDAY	BREAKFAST	LUNCH	DINNER	NOTES/SNACKS
SUNDAY	Breakfast Amaranth with Walnuts and Honey	Detox Broccoli Soup * keep remaining coconut milk for Tuesday's dinner	Sweet Potato Mash with Rainbow Salad * Optional Make double/triple quantity of salad to accompany other dishes	Make Hummus for tomorrow's Breakfast and to use with Thursday's dinner. * Save chickpea juice
MONDAY	***Basil Hummus with Rice Cakes and Tomato (repeat from week 1)	Left over Roasted Sweet Potato with Rainbow Salad	Quinoa with Grilled Zucchini, Garbanzo Beans, and Cumin	Prepare tomorrow's breakfast and refrigerate
TUESDAY	Green Chia Breakfast Pudding	Left over Quinoa with Grilled Zucchini, Garbanzo Beans, and Cumin	Curried Lentil, Tomato and Coconut Soup	
WEDNESDAY	Antioxidant Blueberry Smoothie	Left over Curried Lentil, Tomato and Coconut Soup	Mushroom and Spinach Risotto	Make porridge for tomorrow's breakfast
THURSDAY	Sweet Buckwheat Porridge	Left over Mushroom and Spinach Risotto	***Roast Beets, Carrots and Sweet Potato with Hummus (repeat from week 2)	Eat fruit, veggie sticks, dried fruit and nuts etc for snacks
FRIDAY	***Green Smoothie (repeat from week 2)	Left over Roast Beets, Carrots and Sweet Potato with Hummus	***Red Lentil Vegetable Soup (repeat from week 1)	***Green Smoothie (repeat from week 2)
SATURDAY	***3 Ingredient Pancakes (repeat from week 1)	Left over Red Lentil Vegetable Soup with Rice Cakes/Avocado	Quinoa with Roasted Vegetables	***3 Ingredient Pancakes (repeat from week 1)