

# Vegan Meal Options





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USE OF THE 14 DAY WEIGHT LOSS CHALLENGE IS SUBJECT TO THE FOLLOWING  
DISCLAIMER:

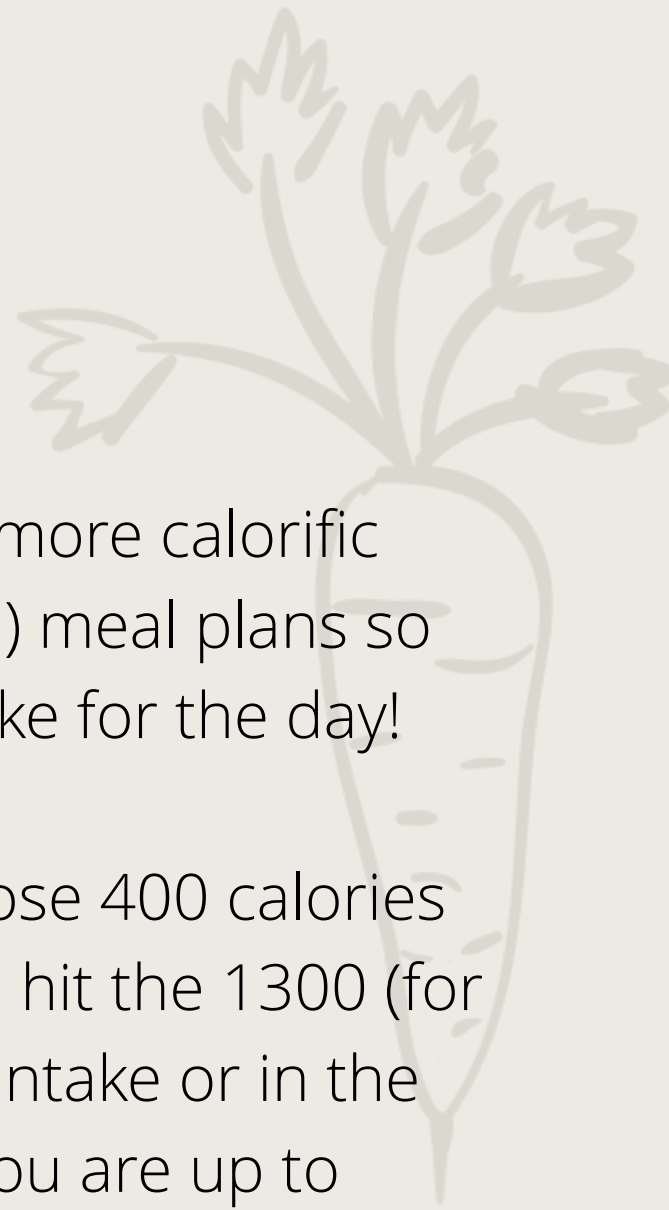
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## QUICK TIPS

- Plan your meals in advance 😊
- NOTE: some of these meals are more calorific than those set out in the (non vegan) meal plans so may slightly exceed your calorie intake for the day!
- Therefore, SOME of these meals (those 400 calories plus) will be better options once you hit the 1300 (for women) and 1800 (for men) calorie intake or in the final days of the 14 day plan when you are up to your sustainable calorie intake.
- Use the meals (below) lower in calories during the 1000 for women or 1500 men calorie intake i.e. in the first 5 days of the challenge.



# PEANUT BUTTER OVERNIGHT OATS

3 Servings/ 5 Minutes



## Ingredients

2 cups old fashioned oats  
2 cups unsweetened almond milk  
3 tbsp peanut butter  
3 tbsp chia seeds  
3 tbsp maple syrup  
1 1/2 tsp vanilla extract  
2 medium banana, sliced  
2 tbsp peanuts, crushed

## Instructions

- Combine oats, almond milk, peanut butter, chia seeds, syrup, and vanilla in a bowl. Mix well then transfer to sealable container (glass jars work well).
- Place in refrigerator.
- To serve, place a scoop of peanut butter oats in a bowl and top with sliced bananas and crushed peanuts.

## Nutrition Facts

Servings Per Recipe: 3  
Serving Size: 1 serving  
Calories: 485  
Total Fat: 16.6 g  
Saturated Fat: 2.7 g  
Cholesterol: 0.0 mg  
Sodium: 190 mg  
Potassium: 743 mg  
Total Carbohydrate: 73.9 g  
Dietary Fiber: 11.3 g  
Sugars: 24 g  
Protein: 13.6 g

## Notes

Can be stored for up to 5 days in the fridge.  
They will continue to soften the longer they sit — which might be a bonus if you like your oatmeal on the super-creamy side

# BIRCHER MUESLI

2 Servings / 10 Minutes



## Ingredients

1 cup of oats  
1 ripe banana  
375ml almond milk  
2 tbsp maple syrup  
1 tbsp chia seeds  
handful of pumpkin seeds  
handful of raisins  
handful of blueberries

## Instructions

- Slice up the banana, then place in a mixing bowl with the almond milk and mash them all together.
- Add the oats, pumpkin seeds, raisins, chia seeds and syrup and stir together.
- Place the bowl in the fridge and allow to thicken overnight.
- Serve with blueberries on top and enjoy!

## Nutrition Facts

Servings Per Recipe: 2  
Serving Size: 1 serving  
Calories: 316  
Total Fat: 8 g  
Saturated Fat: 1 g  
Cholesterol: 0.0 mg  
Sodium: 130 mg  
Total Carbohydrate: 54 g  
Dietary Fiber: 8 g  
Sugars: 15 g  
Protein: 9.5 g

# HEARTY LENTIL STEW

3 Servings / 45 Minutes



## Ingredients

2 large onions, chopped  
2 tbsp canola oil  
2 celery stalks, chopped  
2 leeks, chopped  
3 cloves garlic, minced  
2 cans brown lentils  
2 cups kale, chopped  
2 large carrots, peeled and cut into large pieces  
2 large potatoes, peeled and chopped into pieces  
2 7-ounce cans chopped tomatoes  
4 cups low-sodium vegetable broth  
2 cups water  
1 teaspoon cumin  
dash of cinnamon  
salt and pepper to taste

## Nutrition Facts

Servings Per Recipe: 3  
Serving Size: 1 serving  
Calories: 560  
Total Fat: 8.5 g  
Saturated Fat: 0.9 g  
Cholesterol: 0.0 mg  
Sodium: 1650 mg  
Potassium: 2334 mg  
Total Carbohydrate: 105.4 g  
Dietary Fiber: 23.4 g  
Sugars: 17.5 g  
Protein: 24.4 g

## Instructions

- Heat the oil in a large pot or Dutch oven over medium heat.
- Add the onions, celery, and leeks and cook for about 4 to 5 minutes.
- Add the garlic and for another minute or two. Add the remaining ingredients
- Bring to a boil, then cover, and let simmer on medium-low heat for about 30 minutes or until lentils are tender.

## Notes

Dip in some whole-wheat bread to make it even more satisfying when the big hunger hits!



# ASIAN CHICKPEA SALAD

4 Servings / 40 Minutes



## Ingredients

1 15.5 oz can chickpeas  
2 cups cooked quinoa  
1 cup shredded carrots  
1 cup snow peas, cut into thirds  
1 cup thinly sliced red bell pepper  
1½ - 2 cups red or purple cabbage, thinly sliced  
1½ cups small broccoli florets  
1 tablespoon apple cider vinegar  
1 tablespoon lemon juice  
1 teaspoon fresh ginger  
2 soy sauce  
1- 2 teaspoons maple syrup  
⅛ teaspoon sea salt

## Nutrition Facts

Servings Per Recipe: 4  
Serving Size: 1 serving  
Calories: 300  
Total Fat: 4.4 g  
Saturated Fat: 0.5g  
Cholesterol: 0.0 mg  
Sodium: 1050mg  
Total Carbohydrate: 55 g  
Dietary Fiber: 13 g  
Sugars: 11 g  
Protein: 14 g

## Instructions

- In a medium saucepan, place ½ cup quinoa and water. Bring to a boil. Once boiling, turn heat to simmer, cover and let simmer for 15 minutes or until water is absorbed. Once water is absorbed, turn off heat and let cool briefly. Fluff with fork before using. Note: ½ cup uncooked quinoa will yield about 2 cups cooked quinoa.
- Whisk all ingredients together in a small bowl or liquid measuring cup until well combined.
- In a large bowl, add all chopped veggies, chickpeas, cooked quinoa, cashews and mix together. Add dressing and toss until well combined. Serve and enjoy!

## Notes

Remember not dressing the salad until serving. That way it will stay super fresh!

# THREE BEAN CHILI

2 Servings / 30 Minutes



## Ingredients

1 tablespoon olive oil  
1 large onion, diced  
3 cloves garlic, minced  
3 tablespoons chili powder  
1 teaspoon chipotle powder  
1 can (15 oz) black beans,  
1 can (15 oz) kidney beans  
1 can (15 oz) pinto beans  
1 can (28oz) diced tomatoes, with juices  
1 tablespoon cocoa powder or small  
piece of dark chocolate (about 1/2 oz.),  
optional  
1 1/2 cups water or vegetable broth  
salt and pepper to taste

## Nutrition Facts

Servings Per Recipe: 2  
Serving Size: 1 serving  
Calories: 430  
Total Fat: 9 g  
Saturated Fat: 1g  
Cholesterol: 0.0 mg  
Sodium: 880mg  
Total Carbohydrate: 70 g  
Dietary Fiber: 22 g  
Sugars: 10 g  
Protein: 22g

## Instructions

- In large pot heat olive oil over medium heat, saute onion for 7 minutes, or until tender and translucent. Add the garlic, jalapeno, chili and chipotle powder, cook for 1 minute, or until fragrant.
- Add the beans, tomatoes, chocolate, and liquids, bring to boil, reduce heat, cover askew, and simmer for 15 – 20 minutes or so, stirring occasionally. Add more water as needed. Taste for flavor, season with salt and pepper, and add anything else you feel it needs.
- Serve with sliced green onions. Enjoy!

## Notes

Leftovers can be kept, covered, in the refrigerator for 5 – 6 days. To keep longer, freeze in freezer safe containers for up to 2 – 3 months.



# BURRITO BOWL

2 Servings / 30 Minutes



## Ingredients

2-3 handfuls of frozen hashbrown potatoes  
2-3 handfuls of frozen fajita blend veggies (bell peppers and onions)  
2-3 handfuls of sliced mushrooms  
1 can of black beans - drained and rinsed  
2 tsp each of garlic and onion powder  
2 tsp salt  
2 TBL olive oil  
1/2 block extra firm tofu  
1 TBL nutritional yeast  
2 tsp oil  
1/2 tsp turmeric powder

## Instructions

- Cut block of tofu in half and gently crumble the tofu to resemble scrambled egg size. Sprinkle on garlic powder, onion powder, nutritional yeast, salt, oil and turmeric and mix well.
- Pre-heat oven to 350 degrees Oil a baking sheet
- Make rows of each ingredient: a row of beans, tofu scramble, mushrooms, fajita veggies, potatoes.
- Drizzle each row with a little olive oil and mix it in with hands while keeping the rows separate. Sprinkle each row with salt, pepper, garlic powder, onion powder. Bake for 30 minutes.
- Place ingredients in a bowl, or burrito wrap.

## Nutrition Facts

Servings Per Recipe: 3  
Serving Size: 1 serving  
Calories: 280  
Total Fat: 9g  
Saturated Fat: 1g  
Cholesterol: 0.0 mg  
Sodium: 260 mg  
Total Carbohydrate: 36 g  
Dietary Fiber: 11.3 g  
Sugars: 3 g  
Protein: 18 g

## Notes

Top with vegan salsa, sriracha, guacamole and sour cream. Or any of your favourite sauces to make this dish even tastier!

# BROCCOLI PESTO PASTA

2 Servings / 30 Minutes



## Ingredients

8oz pasta (rotini, penne, or shells)  
3 heaping cups broccoli florets (~1 large head)  
1.5 cups basil  
1/3 cup nutritional yeast  
1/4 cup pine nuts  
4 cloves garlic  
2 tbsp olive oil  
1/2 cup lemon juice  
1/2 tsp salt (or to taste)  
1/2 cup water

## Nutrition Facts

Servings Per Recipe: 2  
Serving Size: 1 serving  
Calories: 450  
Total Fat: 25g  
Saturated Fat: 4g  
Cholesterol: 0.0 mg  
Sodium: 76mg  
Total Carbohydrate: 50 g  
Dietary Fiber: 13g  
Sugars: 4g  
Protein: 17g

## Instructions

- Warm a frying pan on medium-low heat. Add broccoli florets along with a dash of oil or plain water. Cook for 5 minutes, stirring occasionally, or until bright green and slightly tender. Transfer broccoli to a plate and place in the refrigerator to cool down.
- Warm the frying pan on low heat. Add pine nuts and cook for 2-3 minutes, stirring constantly, or until light golden brown. Be careful to not burn them. Remove pine nuts from the frying pan immediately and set aside to cool.
- Add broccoli, basil, nutritional yeast, pine nuts, garlic, olive oil, lemon juice, salt, and water to a food processor. Process ingredients until a thick paste is formed. You can make the pesto as chunky or as smooth as you'd like. Add additional water to thin the consistency, if desired.
- Cook pasta according to package instructions. After, drain water and rinse pasta.
- Transfer pasta back to the pot and add pesto. Mix together to evenly coat the pasta.