



A WEEK OF PLANT-BASED EATING

NUTRITIONALLY BALANCED FOR
VEGAN AND VEGAN-CURIOUS
WOMEN

nutritioncoach

IT'S ALL IN THE PLANNING

Plant-based diets are growing in popularity all around the world for a range of reasons: they're more environmentally sustainable than the typical Western diet, they're associated with lower risk of chronic diseases such as heart disease, high blood pressure, obesity and cancer, and they're a way that individuals can take a stand against animal cruelty and exploitation.

Basing your diet around fruit, vegetables, legumes, wholegrains, nuts and seeds will increase your fibre, antioxidant vitamins and phytochemical intake, reducing your risk of chronic disease and premature ageing and mortality.

But like any dietary pattern, it all depends on the quality of the foods you select. Simply restricting animal products without planning your diet is not a healthy way to switch to a plant-based diet and can lead to nutrient deficiencies.

This 7-day meal plan is designed to help women aged 19–50 follow a vegan diet that meets their nutrient requirements. I hope you enjoy.





IT'S DESIGNED FOR:

- ✓ **Healthy women between 19 and 50 years old who aren't pregnant or breastfeeding**
Children, adolescents, men and post-menopausal, pregnant and breastfeeding women have different nutritional needs.
- ✓ **New and transitioning vegans**
This meal plan is helpful for women who are embarking on their vegan journey and want to get a sense of what a well-balanced plant-based diet looks like.
- ✓ **Long-time vegans who want to try something new**
If you're relying on the same old meals, why not try some new meals to shake things up.
- ✓ **People who want to learn to cook more plant-based meals**
There is an increasing number of people who want to reduce their consumption of meat and animal products but may not know how to cook a balanced meal without meat as the main source of protein. This meal plan includes 12 recipes for you to try and hopefully enjoy so much that you incorporate them into your repertoire. While cooking requires time, you can heat up leftovers the next day, and occasionally have more to freeze or share with friends and family.

NUTRIENTS

This 7-day meal plan meets the nutritional requirements for women aged 19–50 who aren't pregnant or breastfeeding.

- ✓ Fibre
- ✓ Vitamin E
- ✓ Potassium
- ✓ Omega-6 fatty acids
- ✓ Plant-derived omega-3 fatty acids
- ✓ Protein
- ✓ Thiamin
- ✓ Riboflavin
- ✓ Niacin
- ✓ Vitamin B6
- ✓ Vitamin B12
- ✓ Folate
- ✓ Vitamin A
- ✓ Vitamin C
- ✓ Magnesium
- ✓ Calcium
- ✓ Phosphorus
- ✓ Iron
- ✓ Zinc
- ✓ Selenium
- ✓ Iodine

A NOTE ON IRON

In our reproductive years, women need 18mg iron daily, however, iron from plant sources is not well absorbed by our bodies. This meal plan provides an average of 31mg/day of iron – together with foods that provide vitamin C to boost absorption – to compensate for this low bioavailability. Whether you're vegan or not, it's always worth getting your iron tested by your GP.



SUPPLEMENTS

Algae-derived EPA & DHA

While this meal plan provides plenty of omega-3 fatty acids derived from plants (ALA), it does not provide sufficient very long chain omega-3 fatty acids (EPA & DHA) mainly found in oily fish such as salmon. EPA & DHA are important for brain health, preserving the structure and function as we age. I recommend 250mg daily of algae-derived EPA & DHA for vegans.

Vitamin D if you're not getting enough sun exposure or fortified milk

While you can make vitamin D-enriched mushrooms by exposing them to sunlight, plant foods are poor sources of vitamin D. This meal plan includes a soy milk that's fortified with vitamin D (1 cup provides 50% of your daily requirement) but in addition to this, please make sure you expose your skin to sunlight as much as possible. Aim to spend two to three hours outdoors every week in winter, exposing as much skin as tolerable. If this isn't possible, take a supplement.





SPECIFIC PRODUCTS

Kelp flakes

People who don't eat seafood, dairy or much fortified baked bread can be low in iodine – a mineral required for the production of thyroid hormones. Thyroid hormones are important for growth and development, particularly of the brain, nerves and bones. Just 0.3g Ceres Organics Kelp Flakes provides 780µg iodine, which is 520% of your recommended daily intake, so you only need a pinch to meet your needs. You'll find kelp flakes at your local health food store.

Savoury yeast flakes (aka nutritional yeast)

This inactivated yeast has a cheese-like flavour that works well with soups, pasta, stews, vegetables, pizzas, toast, dips ... whatever you'd put cheese on! Packed with B vitamins, it's perfect for vegans wanting to meet their vitamin B12 requirements without taking supplements. Look out for Lotus Savoury Yeast Flakes or Bragg's Nutritional Yeast at your local health food store. Coles and Woolworths also have a home brand located in their health food aisles.

DAY	BREAKFAST	Check recipes the day before and decide whether you will soak and boil legumes or buy a can.		LUNCH	DINNER	SNACKS
SUN					Pumpkin Soup with Spiced Chickpeas See Recipes p9. Serve 544g soup topped with 86g Spiced Chickpeas and 10g coriander. Serve with 1 slice Burgen Wholemeal & Seeds toast spread with 20g avocado and 1 tsp savoury yeast flakes.	Start on a Sunday so you're all prepped for Monday.
MON	Cereal 3 Weet-Bix Kids, 1 tb pumpkin seeds, 1 tsp chia seeds, 75g pomegranate arils, 75g fig, 1 c Vitasoy Calci Plus Soymilk	Pumpkin Soup with Spiced Chickpeas 544g soup topped with 86g Spiced Chickpeas and 10g coriander. Serve with 1 slice Burgen Wholemeal & Seeds toast spread with 20g avocado and 1 tsp savoury yeast flakes.		Tofu Stirfry 440g Tofu Stirfry (see Recipes p10) served with ½ cup cooked brown basmati rice, 2 tb toasted sesame seeds, 10g fresh coriander and 1 tsp sriracha chilli sauce.	Toast your sesame seeds by cooking them in a small non-stick pan until they start to brown.	Small soy latte 50g dried apricots 30g cashews and ½ cup blueberries Hot Chocolate (See Recipe p18)
TUES	Cereal 3 Weet-Bix Kids, ½ medium banana, 75g papaya, 1 tb pumpkin seeds, 2 tsp chia seeds, 1 c Vitasoy Calci Plus Soymilk	Tofu Stirfry 440g Tofu Stirfry served with ½ cup cooked brown basmati rice, 2 tb toasted sesame seeds, 10g fresh coriander and 1 tsp sriracha chilli sauce.		Baked Beans 361g Baked Beans (see Recipes p11), 3 stalks steamed broccolini, 10g fresh continental parsley, 1 tsp savoury yeast flakes served with 1 slice Burgen Wholemeal & Seeds toast spread with 15g avocado.		Small soy latte 50g dried apricots 30g cashews and 5 strawberries Hot Chocolate (See Recipe p18)
WED	Cereal 60g BranPlus, 125g blackberries, 1 Brazil nut, 1 tb pumpkin seeds, 1 c Vitasoy Calci Plus Soymilk	Baked Beans 361g Baked Beans, 3 stalks steamed broccolini, 10g fresh continental parsley, 1 tsp savoury yeast flakes served with 1 slice Burgen Wholemeal & Seeds toast spread with 15g avocado.		Pesto Spaghetti 430g Pesto Spaghetti (see Recipes p12) topped with 2 tsp pumpkin seeds and ½ tsp savoury yeast flakes.		Small soy latte 50g dried apricots 30g cashews 1 slice Burgen Wholemeal & Seeds toast with 1 tb Mayver's Hazelnut & Cacao Spread Hot Chocolate (See Recipe p18)
THU	Cereal 60g BranPlus, 1 kiwifruit, 1 passionfruit, 1 Brazil nut, 2 tsp chia seeds, 1 tb pumpkin seeds, 1 c Vitasoy Calci Plus Soymilk	Pesto Spaghetti 430g Pesto Spaghetti topped with 1 tb pumpkin seeds and 1 tsp savoury yeast flakes.		Chickpea Curry 380g Chickpea Curry (see Recipe p13) served with ¾ c cooked brown basmati and 10g coriander leaves.		Small soy latte 1 slice Burgen Wholemeal & Seeds toast with 1 tb Mayver's Hazelnut & Cacao Spread and sliced banana 30g cashews 3 stalks raw broccolini dipped in 20g Pilpel Hummous Hot Chocolate (See Recipe p18)

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
FRI	Cereal 3 Weet-Bix Kids, 1 Japanese persimmon, 2 Brazil nuts, 1tb pumpkin seeds, 2 tsp chia seeds, 1 c Vitasoy Calci Plus Soymilk	Chickpea Curry 380g Chickpea Curry served with ½ c cooked brown basmati and 10g coriander leaves.	Warm Moroccan Quinoa Salad See Recipes p14. Roast extra vegetables for tomorrow's lunch.	Small soy latte 50g dried apricots 30g cashews and 75g strawberries 1 slice Burgen Wholemeal & Seeds toast with 1 tb Mayver's Hazelnut & Cacao Spread Hot Chocolate (See Recipe p18)
SAT	Veggies on Hummus Toast Heat 1 tsp extra virgin olive oil in a non-stick frypan. Add 1 c (85g) sliced mushrooms, stirring, then when starting to cook add 50g chopped kale. Add ½ cup cooked lentils (rinse and drain if using canned) and ½ tsp garlic powder. Serve on 1 slice Burgen Wholemeal & Seeds toast with 60g Pilpel Hummus and 5g fresh parsley leaves.	Roast Veg & Quinoa Bowl with Tahini-Maple Dressing See Recipes p15.	Shepherd's Pie See Recipes p16. Serve 604g pie with 35g lightly steamed beans, ½ c baby peas, 1 tsp savoury yeast flakes, 10g fresh coriander and chilli flakes.	Small soy latte 50g dried apricots 30g cashews and 150g berries Green Smoothie: 1 banana, 2 tsp flaxmeal, 2 tsp nutritional yeast flakes, 20g spinach, 1 c Vitasoy Calci Plus Soymilk Hot Chocolate (See Recipe p18)
SUN	Cereal 3 Weet-Bix Kids, ½ banana, 75g papaya, 1 tb pumpkin seeds, 2 tsp chia seeds, 1 c Vitasoy Calci Plus Soymilk	Shepherd's Pie Warm 604g Shepherd's Pie. Serve with 40g lightly steamed beans, ½ c baby peas, 1 tsp savoury yeast flakes, 10g fresh coriander, chilli flakes, salt and pepper.	Falafel Bowl See Recipes p17. Place 30g rocket, 40g grape tomatoes, 40g Lebanese cucumber, 40g red capsicum, 40g shaved carrot, 20g avocado and 2 tsp pumpkin seeds in a bowl. Top with 4 falafels, 3 tb Pilpel Hummous and 10g fresh coriander.	Small soy latte 30g cashews 1 slice Burgen Wholemeal & Seeds toast with 1 tb Mayver's Hazelnut & Cacao Spread and ½ sliced banana Hot Chocolate (See Recipe p18) p18

PUMPKIN SOUP

Serves 8

2kg Kent pumpkin
1 brown onion
3 garlic cloves, crushed
2 tsp freshly grated ginger
1 tsp cumin
1 tsp paprika
1 tsp turmeric
1 tsp cinnamon

1 bunch coriander
1.5L salt-reduced vegetable stock
1 can TCC lite coconut milk
1 cup water
½ tsp pepper
Extra virgin olive oil spray
Pinch kelp flakes

1. Chop the pumpkin into 1.5cm cubes, spray with oil and roast in a 180°C oven until golden.
2. Spray a frypan with olive oil and cook the onion until translucent.
3. Add the garlic, ginger, chopped coriander stems and spices and cook for another few minutes.
4. Pour the coconut milk into the onion-spice mixture and simmer for 5 minutes.
5. Once the pumpkin is cooked, puree in the blender with some of the stock. Place in a soup pot.
6. Take the coconut milk-onion mixture off the stove and blend with the rest of the stock and the water. Add to the soup pot.
7. Season with pepper.
8. Serve with fresh coriander leaves and Spiced Chickpeas.

SPICED CHICKPEAS

Serves 3

1 can chickpeas, drained and rinsed (or 240g boiled)
½ tb extra virgin olive oil
Pinch salt & pepper
¼ tsp garlic powder
¼ tsp onion powder

½ tsp cumin
½ tsp paprika
½ tsp turmeric
½ tsp cinnamon

1. Preheat oven to 180°C.
2. Make sure chickpeas are completely dry. Coat them in oil, then the spices. Stir well then spread out on a tray lined with baking paper.
3. Bake for 30 mins, stirring halfway, until golden and crunchy.





TOFU STIRFRY

Serves 2

1 small carrot, finely sliced
4 stalks broccolini, cut into 4
75g red capsicum, diced
40g spring onions, finely sliced
350g firm tofu, cut into small cubes
100g shiitake mushrooms, sliced
1 small (82g) bok choy

ASIAN SAUCE

Serves 2

3 garlic cloves, crushed
1 tb freshly grated ginger
1 tb Abundant Earth Reduced Salt Tamari
1 tsp sesame oil
1 heaped tsp (10g) honey

1. Make Asian Sauce
2. Spoon half sauce into a non-stick frypan on medium heat. Stir for 1 minute.
3. Add the carrot, broccolini, capsicum and spring onion and stir for 2 minutes.
4. Add the tofu, shiitake, bok choy and the rest of the sauce and stirfry for 2 minutes.

BAKED BEANS

Serves 3

1 small brown onion, finely diced
3 cloves garlic, crushed
2 tsp dried parsley
3 tsp dried oregano
1 cup kale, chopped
2 cans butter beans, rinsed and drained
380ml jar Barilla Napoletana (or Arrabbiata)
Pinch Ceres Kelp Flakes

1. Cook the onion in a non-stick frypan on a medium heat, stirring until it starts to soften.
2. Add the garlic and cook for 2 minutes.
3. Add the kale, beans, dried herbs and tomato sauce. Cook on a low heat for 10 minutes, stirring every few minutes.
4. Top with kelp flakes.





PESTO SPAGHETTI

Serves 2

Pesto ingredients:

40g pumpkin seeds
3 bunches (90g) basil
3 cloves garlic
1 tb lemon juice
1 tb savoury yeast flakes
¼ tsp sea salt
¼ tsp black pepper
Pinch kelp flakes
3 tb water

Pasta ingredients:

2/3 cup (74g) cooked wholemeal or pulse spaghetti
1 bunch (180g) broccolini
250g spiralised zucchini (or you can use a peeler to shave a large zucchini into ribbons)
½ cup frozen peas
1 cup baby spinach leaves

1. Cook the pasta according to packet instructions.
2. While the pasta is cooking, toast the pumpkin seeds in a frypan or in the oven. Keep an eye on them so they don't burn.
3. Place all the pesto ingredients in a blender and blend until smooth.
4. Place the broccolini and frozen peas in a non-stick frypan. Cook for 3 minutes on a medium heat.
5. Add the zucchini, cooked pasta and pesto to the frypan and cook for 2 minutes; then throw in the spinach.
6. Serve once warmed through.

CHICKPEA CURRY

Serves 3

2 tsp extra virgin olive oil
1 medium onion, diced
4 cloves garlic, crushed
1 tsp paprika
1 tsp turmeric
3 tsp ground cumin
3 tsp ground coriander
3 tsp garam masala
½ tsp black pepper
½ tsp salt
Pinch kelp flakes
1 small zucchini, diced
240g cooked chickpeas (soaked and boiled or 1 can drained and rinsed)
1 can crushed tomatoes
1 cup frozen baby peas, thawed in boiling water
70g kale

1. Warm the oil in a frypan and fry the onion until softened.
2. Add the garlic, spices and kelp flakes and fry for 1 minute, stirring, then add the zucchini and cook for another 3 minutes.
3. Add the chickpeas, tomatoes and peas to the frypan and stir until all warmed through.





MOROCCAN QUINOA SALAD

Serves 1

120g butternut pumpkin, cut into small cubes
100g zucchini, sliced
130g cauliflower, broken into small florets
Spray extra virgin olive oil
¼ tsp ground cumin
¼ tsp ground coriander
1 cup cooked quinoa
60g rocket
10g fresh mint
10g fresh coriander
40g pomegranate

Dressing:

1 tsp red wine vinegar
1 tsp extra virgin olive oil
¼ tsp ground cumin
¼ tsp ground coriander
1 pinch sea salt
1 pinch black pepper

*While you're
roasting ...*

Why not roast the following
vegetables for tomorrow's
lunch too?

3 Brussels sprouts
45g red onion
90g butternut pumpkin
70g zucchini

1. Preheat the oven to 180°C.
2. Prepare the quinoa according to packet instructions (make extra for tomorrow so cook ~½ cup, which will more than double when cooked).
3. Place vegetables on a baking tray. Spray with oil and sprinkle with cumin and coriander. Roast for approximately 40 minutes or until golden.
4. Meanwhile, prepare the rest of the salad and the dressing.
5. Toss everything in a bowl and serve.

ROAST VEG & QUINOA BOWL WITH TAHINI-MAPLE DRESSING

Serves 1

3 Brussels sprouts, roasted
45g red onion, roasted
90g butternut pumpkin, roasted
70g zucchini, roasted
½ c cooked quinoa
1 cup raw baby spinach leaves
1 tsp pumpkin seeds

Dressing:

15g unhulled tahini
1½ tb boiling water
½ tsp pure maple syrup





SHEPHERD'S PIE

Serves 6

- | | |
|----------------------------------------|-----------------------------------------|
| 1.2kg sweet potato, cut into 2cm cubes | 1 small red capsicum, finely chopped |
| Extra virgin olive oil spray | 2 cans lentils, drained and rinsed |
| 1 brown onion, finely chopped | 1 can black beans, drained and rinsed |
| 5 garlic cloves, finely chopped | 1 can diced tomatoes |
| 4 stalks celery, finely chopped | 2 tb salt-reduced tomato paste |
| 1 tb oregano | 2 tsp blackstrap molasses |
| 3 tsp cumin | Pinch kelp flakes |
| 3 tsp paprika | 120ml (6 tb) Vitasoy Claci Plus Soymilk |
| 5 (175g) medium mushrooms, sliced | Fresh coriander to serve |
| 1 zucchini, grated | |
| 1 large carrot, grated | |

1. Preheat the oven to 180 degrees. Spray the sweet potato with extra virgin olive oil and roast for 40 mins.
2. Spray a frypan with oil and fry the onion for 5 minutes.
3. Add celery and garlic and cook for another few minutes, then add the oregano, cumin and paprika.
4. Once the herb and spices have been stirred through, add the capsicum and mushrooms and cook for 5 minutes.
5. Add the carrot and zucchini. Warm through then add the lentils, black beans, tomatoes, tomato paste and maple syrup. Stir to combine and leave to cook on a low heat for 5–10 minutes while you mash the sweet potato. Add the almond milk to the mash.
6. Poor the bean mixture into a baking dish, then spoon the mashed sweet potato on top. Grill for 20 minutes or until golden.
7. Season with salt and pepper.
8. Save one serving for tomorrow and freeze the rest.



FALAFELS

Makes 16 falafels

3 cups cooked chickpeas	1 tsp cardamom
4 spring onions	1 tsp ground coriander
1 tb extra virgin olive oil	2 cloves garlic
½ c (31g) coriander	30g chickpea flour
½ c (31g) continental parsley	¼ tsp black pepper
3 tsp ground cumin	½ tsp baking soda
	2 tsp nutritional yeast flakes

1. Pulse all ingredients except the baking soda in a food processor until combined. It should be the texture of couscous. Add up to 3 tb water if necessary.
2. Refrigerate for 1–2 hours if making in advance, but you can leave this step out if you can't wait.
3. Dissolve baking soda in 2 tsp water and mix it into the falafel mixture after it has been refrigerated. Roll the mixture into 16 balls or flatten the balls into patties.
4. Spray falafels with oil. Fry in a non-stick frypan for 5 minutes each side until golden.
5. Serve 4, place 4 in the fridge for tomorrow and freeze the rest.

NO FOOD PROCESSOR
OR SIMPLY SHORT
ON TIME?

Woolworths Macro Falafel
Mix is a healthy shortcut.
You just add water.

HOT CHOCOLATE

Serves 1

200ml Vitasoy Calci-Plus Soy Milk
1 tb cacao powder
1 pitted medjool date

1. Place the ingredients in a blender and blend until date is liquified.
2. Warm in the microwave or on the stovetop.





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