

# THE PLANT-BASED PLAN

A 7-day vegan meal plan  
to kickstart your  
weight-loss goals.





# 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. If you restrict animal products AND your calorie intake without planning, your health will most certainly go downhill.

This 7-day meal plan is designed to help women aged 19–50 follow a vegan diet that meets most of their nutrient requirements while providing 62% of daily energy needs (that's 1400 calories/6000kj), providing an energy deficit that supports weight loss.

## 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 or 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. If you're not trying to lose weight, you can add two iron-rich snacks to the plan.
- ✓ **Longtime 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 13 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.
- ✓ **Women wanting to lose weight**  
This meal plan provides less than 6000 kilojoules (approximately 1400 calories) per day. For a healthy active woman, this is approximately 62% of the daily energy requirement. The energy deficit will result in weight loss but the whole foods selected will keep you satiated.

## It's *not* designed for ...

- ✗ **Children, adolescents, men and post-menopausal, pregnant and breastfeeding women**  
These groups have different nutritional requirements to women between 19 and 50 years old who aren't pregnant or breastfeeding.
- ✗ **Women who are already lean**  
Underweight with a body mass index below 18.5 carries health risks such as nutrient deficiencies, infertility and osteoporosis.
- ✗ **Women prone to iron deficiency**  
Iron deficiency can cause a range of symptoms, such as impaired immunity, fatigue, weakness, pale skin and nailbeds, headaches, lightheadedness and cold hands and feet. If you are experiencing any of these symptoms or have been diagnosed with iron deficiency before, please consult your doctor before going on this plan.

# 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.

## Iron (if your doctor recommends it)

In our reproductive years, women need 18mg iron daily. While every day of this meal plan provides over 18mg, iron from plant sources is not well absorbed by our bodies. It's estimated that vegans need 1.8 times as much iron to compensate for this low bioavailability, which brings the dietary goal to 32mg/day. This level of intake is difficult to achieve on a weight loss diet but, at the same time, you should not start supplementing with iron unless your doctor recommends it. Please ask your doctor for an iron study and discuss whether a vegan diet is right for you before starting this meal plan.

## 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 and you're not having 2 cups of Vitasoy Soy Milk Calci Plus each day, take a supplement.

*Not actually vegan?*

**Eat 2 fish meals per week and forget about the supplements.**

20g raw salmon (15g cooked)/45g smoked salmon/6 oysters/70g mussels/1 sardine per day will meet your very long chain omega-3 requirements.





## 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. Just one teaspoon provides 6µg vitamin B12 – more than twice the daily requirement. Look out for Lotus Savoury Yeast Flakes or Bragg's Nutritional Yeast at your local health food store.





DAY	BREAKFAST	LUNCH	DINNER	SNACKS
SUN	<div>Check recipes the day before and decide whether you will soak and boil legumes or buy a can.</div>		<b>Pumpkin Soup with Spiced Chickpeas</b> See Recipes p8	<div>Start on a Sunday so you're all prepped for Monday.</div>
MON	<b>Cereal</b> 2 Weet-Bix Kids, ½ medium banana, 1 kiwifruit, 1 passionfruit, 1 brazil nut, 1 tsp pumpkin seeds, 2/3 c So Good Almond Milk (unsweetened)	<b>Pumpkin Soup with Spiced Chickpeas</b> 544g soup topped with 32g Spiced Chickpeas and 10g coriander. Serve with 1 slice Burgen Wholemeal & Seeds toast spread with 20g avocado and ½ tsp savoury yeast flakes.	<b>Tofu Stirfry</b> 361g Tofu Stirfry (see Recipes p9) served with ½ cup cooked brown basmati rice, 10g fresh coriander and 1 tsp sriracha chilli sauce.	<b>Coffee</b> Small soy latte  <b>Apple</b> 1 small Pink Lady  <b>Hot Chocolate</b> See Recipe p18
TUES	<b>Cereal</b> 2 Weet-Bix Kids, ½ medium banana, 1 kiwifruit, 1 passionfruit, 1 brazil nut, 1 tsp pumpkin seeds, 2/3 c So Good Almond Milk (unsweetened)	<b>Tofu Stirfry</b> 361g Tofu Stirfry served with ½ cup cooked brown basmati rice, 10g fresh coriander and 1 tsp sriracha chilli sauce.	<b>Baked Beans</b> 361g Baked Beans (see Recipes p10), 3 stalks steamed broccolini, 5g fresh continental parsley, 1 tsp savoury yeast flakes served with 1 slice Burgen Wholemeal & Seeds toast spread with 20g avocado.	<b>Coffee</b> Small soy latte  <b>Apple</b> 1 small Pink Lady  <b>Hot Chocolate</b> See Recipe p18
WED	<b>Cereal</b> 45g BranPlus, 1 medium banana, 1 kiwifruit, 1 passionfruit, 1 brazil nut, 1 tsp flaxmeal, 2/3 c So Good Almond Milk (unsweetened)	<b>Baked Beans</b> 361g Baked Beans, 3 stalks steamed broccolini, 5g fresh continental parsley, 2 tsp savoury yeast flakes served with 1 slice Burgen Wholemeal & Seeds toast spread with 20g avocado.	<b>Pesto Pasta</b> 430g Pesto Pasta (see Recipes p11) topped with 2 tsp pumpkin seeds and 2 tsp savoury yeast flakes.	<b>Coffee</b> Small soy latte  <b>Hot Chocolate</b> See Recipe p18
THU	<b>Cereal</b> 45g BranPlus, 1 medium banana, 1 kiwifruit, 1 passionfruit, 1 brazil nut, 1 tsp flaxmeal, 2/3 c So Good Almond Milk (unsweetened)	<b>Pesto Pasta</b> 430g Pesto Pasta topped with 1 tsp pumpkin seeds and 1 tsp savoury yeast flakes.	<b>Chickpea Curry</b> 377g Chickpea Curry (see Recipe p12) served with ½ c cooked brown basmati and 10g coriander leaves.	<b>Coffee</b> Small soy latte  <b>Hot Chocolate</b> See Recipe p18



DAY	BREAKFAST	LUNCH	DINNER	SNACKS
FRI	<b>Cereal</b> 2 Weet-Bix Kids, 1 Japanese persimmon, 1 brazil nut, 10g walnuts, 2/3 c So Good Almond Milk (unsweetened)	<b>Chickpea Curry</b> 377g Chickpea Curry served with ½ c cooked brown basmati and 10g coriander leaves.	<b>Warm Moroccan Quinoa Salad</b> See Recipes p13. Roast extra vegetables for tomorrow's lunch.	<b>Coffee</b> Small soy latte  <b>Hot Chocolate</b> See Recipe p18  <b>Blueberry Smoothie</b> ½ medium banana, 1/2 cup blueberries (fresh or frozen), 1 tsp flaxmeal, 1 leaf (10g) kale, 2/3 c So Good Almond Milk (Unsweetened)
SAT	<b>Veggies on Hummus Toast</b> Cook 75g sliced mushrooms and ¾ cup (86g) chopped kale in a non-stick frypan. Add ¼ cup cooked lentils (rinse and drain if using canned). Serve on 1 slice Burgen Wholemeal & Seeds toast with 30g Pilpel Hummus.	<b>Roast Veg &amp; Quinoa Bowl with Tahini-Maple Dressing</b> See Recipes p14.	<b>Shepherd's Pie</b> See Recipes p15. Serve with 42g lightly steamed beans, 20g baby peas, 1 tsp savoury yeast flakes, 5g fresh coriander and chilli flakes.	<b>Coffee</b> Small soy latte  <b>Hot Chocolate</b> See Recipe p18  <b>Green Smoothie</b> 1 small banana, 1 tsp flaxmeal, 2 leaves (20g) kale, 1 brazil nut, ¾ c So Good Almond Milk (Unsweetened)
SUN	<b>Steel Cut Oat Porridge</b> See Recipes p16. Warm 174g cooked steel cut oats with 1/3 c Vitasoy Calci-Plus Soymilk and ¼ tsp cinnamon. Top with 125g berries, ½ small banana, 1 brazil nut and 1 tsp chia seeds.	<b>Shepherd's Pie</b> Warm 603g Shepherd's Pie. Serve with 42g lightly steamed beans, 20g baby peas, 1 tsp savoury yeast flakes, 5g fresh coriander, chilli flakes and salt and pepper.	<b>Falafel Bowl</b> See Recipes p17. Place 30g rocket, 40g grape tomatoes, 40g Lebanese cucumber, 40g red capsicum, 40g shaved carrot and 30g avocado in a bowl. Top with 3 falafels (134g), 40g Pilpel Hummous and 10g fresh coriander.	<b>Coffee</b> Small soy latte  <b>Hot Chocolate</b> See Recipe p18



## PUMPKIN SOUP

Serves 8

2kg Kent pumpkin  
1 brown onion  
3 garlic cloves, crushed  
2 tsp freshly grated ginger  
½ tsp cumin  
½ tsp paprika  
½ tsp turmeric  
½ tsp cinnamon

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

1. Chop the pumpkin into 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, coriander stems and spices and cook for another few minutes.
4. Pour the coconut milk into the onion-spice mixture and simmer for 2 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 salt and pepper.
8. Serve with fresh coriander and spiced chickpea croutons.

## SPICED CHICKPEAS

Serves 8

1 cup cooked chickpeas  
½ tb extra virgin olive oil  
Pinch salt & pepper  
¼ tsp garlic powder

¼ tsp cumin  
¼ tsp paprika  
¼ tsp turmeric  
¼ tsp cinnamon

1. Preheat oven to 180°C.
2. Make sure chickpeas are completely dry, then coat them in oil and 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 (61g) carrot, finely sliced  
2 stalk (58g) broccolini, cut into 4  
75g red capsicum, diced  
40g spring onions, finely sliced  
250g firm tofu, cut into small cubes  
100g shiitake mushrooms, sliced  
1 small (82g) bok choy

## ASIAN SAUCE

3 garlic cloves  
1 tb 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  
1 tsp dried parsley  
2 tsp dried oregano  
1 cup kale, chopped  
2 cans butter beans, rinsed and drained  
1 jar Barilla Napoletana (or Arrabbiata)

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.







## 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  
½ tsp paprika  
½ tsp turmeric  
2 tsp ground cumin  
2 tsp ground coriander  
2 tsp garam masala  
Black pepper  
Pinch kelp flakes  
1 small zucchini, diced  
240g cooked chickpeas (soaked and boiled or 1 can drained and rinsed)  
1 can of crushed tomatoes  
1 cup frozen baby peas, thawed in boiling water

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  
½ 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 and cook 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	1 can lentils, drained and rinsed
1 medium brown onion, finely chopped	1 can black beans, drained and rinsed
5 garlic cloves, finely chopped	1 can red kidney beans, drained and rinsed
4 medium stalks celery, finely chopped	1 can diced tomatoes
3 tsp oregano	2 tb salt-reduced tomato paste
2 tsp cumin	2 tsp maple syrup
2 tsp paprika	Pinch kelp flakes
5 (175g) medium mushrooms, sliced	120ml (6 tb) So Good Almond Milk
1 medium zucchini, grated	Unsweetened
1 large carrot, grated	Fresh coriander to serve

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. Pour 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.



## STEEL CUT OATS

Serves 3

150g steel cut oats

1. Pour oats into a small saucepan and add three times as much water (3 x  $\frac{3}{4}$  c).
2. Bring to the boil, then reduce heat and stir regularly for 15 minutes or until the liquid is absorbed and desired consistency is achieved.
3. Remove from heat and allow to cool.
4. Divide into three 174g portions and store in the fridge for up to 3 days.







## FALAFELS

Makes 16 falafels

3 cups cooked chickpeas  
4 spring onions  
1 tb extra virgin olive oil  
½ c (31g) coriander  
½ c (31g) continental parsley  
2 tsp ground cumin

½ tsp cardamom  
½ tsp ground coriander  
2 cloves garlic  
30g chickpea flour  
¼ tsp black pepper  
¼ tsp baking soda

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 1 tsp of 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 3, place 3 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.

