



Plant-Based Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

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Contents & Key

6	Banana Bread Overnight Oats	GF	Gluten Free
8	Green Power Smoothie	DF	Dairy Free
10	Apple Fritters	LC	Low Carb (20g- serve)
12	Breakfast Rosti	MP	Meal Prep/Freezer Friendly
14	Mushroom & Wild Rice Soup	HP	High Protein (20g+ per serve)
16	Classic Guacamole	V	Vegetarian
18	Vegetable Patties	Q	Quick (under 30 mins)
20	Chickpea Sandwiches	N	Contains Nuts
22	Rice & Chickpea Salad with Tahini Lemon Dressing		
24	Red Curry Tofu		
26	Roasted Vegetables & Red Lentil Stew		
28	Creamy Roasted Tomato & Garlic Pasta		
30	Sweet & Salty Nuts		
32	Banoffee Parfaits		
34	Vegan Raisin & Oat Cookies		



Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Banana Bread Overnight Oats	Mushroom & Wild Rice Soup	E.g. Green Power Smoothie, Vegan Raisin & Oat Cookies, Banoffee Parfaits, Sweet & Salty Nuts	Red Curry Tofu
Tue	Apple Fritters	Mushroom & Wild Rice Soup	E.g. Green Power Smoothie, Vegan Raisin & Oat Cookies, Banoffee Parfaits, Sweet & Salty Nuts	Creamy Roasted Tomato & Garlic Pasta
Wed	Apple Fritters	Leftover Creamy Roasted Tomato & Garlic Pasta	E.g. Green Power Smoothie, Vegan Raisin & Oat Cookies, Banoffee Parfaits, Sweet & Salty Nuts	Rice & Chickpea Salad with Tahini Lemon Dressing
Thu	Banana Bread Overnight Oats	Leftover Rice & Chickpea Salad with Tahini Lemon Dressing	E.g. Green Power Smoothie, Vegan Raisin & Oat Cookies, Banoffee Parfaits, Sweet & Salty Nuts	Roasted Vegetable & Red Lentil Stew
Fri	Green Power Smoothie	Vegetable Patties with Classic Guacamole	E.g. Green Power Smoothie, Vegan Raisin & Oat Cookies, Banoffee Parfaits, Sweet & Salty Nuts	Roasted Vegetable & Red Lentil Stew
Sat	Breakfast Rosti	Vegetable Patties with Classic Guacamole	E.g. Green Power Smoothie, Vegan Raisin & Oat Cookies, Banoffee Parfaits, Sweet & Salty Nuts	Meal Out - Enjoy!
Sun	Breakfast Rosti	Chickpea Sandwiches	E.g. Green Power Smoothie, Vegan Raisin & Oat Cookies, Banoffee Parfaits, Sweet & Salty Nuts	Red Curry Tofu



Weekly Shopping List

Fruits, Vegetables	Plant-Based Produce	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits <ul style="list-style-type: none">• 4 bananas• 3 avocados• pineapple• 2 lemons• 1 lime• 2 green apples	Cold <ul style="list-style-type: none">• almond milk• natural soy yogurt• coconut yogurt• 14 oz. (400g) firm tofu	Grains <ul style="list-style-type: none">• rolled oats• white rice• brown rice• wild rice• red lentils Nuts & Seeds <ul style="list-style-type: none">• ground flaxseeds• chia seeds• sesame seeds• walnuts• cashews• almonds Baking <ul style="list-style-type: none">• vanilla extract• baking powder• baking soda (bicarbonate of soda)• all-purpose flour (plain flour)• oat flour• desiccated coconut Dried Herbs & Spices <ul style="list-style-type: none">• black pepper• ground cinnamon• ground nutmeg• smoked paprika• garlic granules• dried oregano• dried thyme• dried oregano• dried rosemary• dried basil Fresh Herbs <ul style="list-style-type: none">• cilantro (coriander)• parsley• basil	Oils <ul style="list-style-type: none">• olive oil• coconut oil Sweeteners <ul style="list-style-type: none">• maple syrup• coconut sugar Boxed, Canned & Condiments <ul style="list-style-type: none">• balsamic vinegar• 3 ½ pints (1L 640ml) vegetable broth• oat cooking cream• 1x 14 oz. (400g) can chickpeas• 2x 14 oz. (400g) can chopped tomatoes• tahini• Dijon mustard• sriracha sauce• Thai red curry paste• 1x 14 oz. (400g) can coconut milk• rice vinegar• tomato paste (tomato puree)• dried spaghetti noodles• nutritional yeast• natural peanut butter Misc/Other <ul style="list-style-type: none">• salt• sliced whole wheat bread• carton fresh orange juice





Banana Bread Overnight Oats

Serves 4

1 cup (90g) rolled oats
1 cup (240ml) almond milk, unsweetened
½ cup (112g) natural soy yogurt
2 tbsp. chia seeds
2 tbsp. maple syrup
1 tsp. vanilla extract
2 tsp. ground flax seeds
1 tsp. ground cinnamon
1 banana, mashed
¼ cup (30g) walnuts, chopped
1 banana, sliced, to garnish

What you need to do

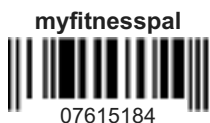
1. Add all the ingredients (except for the sliced banana) into a large bowl and stir until combined. Cover and refrigerate for at least 2 hours, or overnight.
2. When ready to serve, divide the oats between serving glasses or jars and top with sliced banana.

Tip: The oats can be stored in an airtight container in the refrigerator for up to 5 days.

DF	MP	V	N
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	2-8 hrs	247	9	38	6	6

*Nutrition per serving.





Green Power Smoothie

Serves 2

1 avocado, flesh
2 cups (60g) spinach
1¼ cups (210g) pineapple, chunks
½ cucumber
1 banana
1 cup (240ml) orange juice
1 cup (240ml) water
1 tbsp. lemon juice

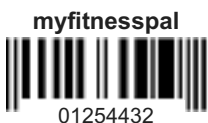
What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Divide between 2 glasses and serve immediately.

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	0 min	352	16	56	6	11

*Nutrition per serving.





Apple Fritters

Serves 2

4 tbsp. coconut oil
1 cup (240ml) almond milk,
unsweetened
2 tbsp. coconut sugar
1 tsp. vanilla extract
1 cup (125g) all-purpose flour
1 tsp. baking powder
½ tsp. ground cinnamon
2 green apples, peeled, cored and
sliced into rings

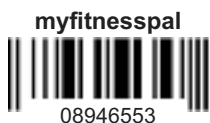
What you need to do

1. Heat the coconut oil in a large pot over a low-medium heat.
2. In a large bowl, whisk together the almond milk, coconut sugar and vanilla extract, until well combined. Add in the flour, baking powder and cinnamon and whisk to form a smooth batter.
3. Dip the apple rings into the batter, shake and allow the excess batter to drip off then place the rings into the hot pot.
4. Fry the apple rings for 3-4 minutes until golden, then flip over and continue cooking for a further 2-3 minutes. Fry the apple rings in small batches to avoid them sticking together, don't be tempted to overload the pot.
5. Transfer the apple rings onto kitchen paper to drain off any excess oil and serve hot.

DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	7 min	308	14	42	2	8

*Nutrition per serving.





Breakfast Rosti

Serves 2

2 baking potatoes
1 cup (30g) spinach, roughly chopped
pinch nutmeg
salt & pepper
4 tbsp. olive oil
8 mushrooms, sliced
½ cup (75g) cherry tomatoes, halved
½ tsp. dried oregano
½ tsp. garlic granules
2 tbsp. natural dairy-free yogurt

What you need to do

1. Grate the potatoes onto a clean tea towel, then squeeze out as much moisture as possible. Transfer the potato to a bowl, then add the spinach and nutmeg. Season to taste with sea salt and black pepper and mix until combined.
2. Heat 3 tablespoons of the olive oil in a large skillet over a high heat. Squeeze half of the potato mixture together with your hands, shaping it into an oval. Place the potato in the skillet and flatten with a spatula. Repeat this process with the remaining half of the potato mixture.
3. Fry the rosti for 5 minutes until golden, then flip over and fry for a further 5 minutes on the other side.
4. In the meantime, heat the remaining tablespoon of olive oil in a separate pot over a medium heat and cook the mushrooms, cherry tomatoes, oregano and garlic granules for 5-6 minutes, until soft.
5. Transfer the rosti onto a plate and top with the mushroom and tomato mixture. Serve immediately with a spoon of yogurt.

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	10 min	415	28	40	6	1

*Nutrition per serving.





Mushroom & Wild Rice Soup

Serves 6

6 tbsp. extra-virgin olive oil, divided
6 cups (400g) mushrooms, sliced
2 tbsp. balsamic vinegar
1 yellow onion, diced
4 cloves garlic, minced
1 tsp. dried thyme
1 tsp. dried oregano
½ tsp. dried rosemary
⅓ cup (40g) oat flour
5 cups (1L 200ml) vegetable broth
¾ cup (180ml) oat cooking cream
2 celery stalks, sliced
2 carrots, chopped
1 cup (200g) wild rice
7 oz. (200g) kale, chopped
salt & pepper

What you need to do

1. In a large pot, heat 2 tablespoons of olive oil over a medium-high heat. Add the mushrooms and cook for 7-8 minutes until browned. Add the balsamic vinegar and cook for a further 2-3 minutes. Transfer the mushrooms onto a plate and set aside.
2. Reduce the heat to medium and add the remaining olive oil. Add the onions and cook for 2-3 minutes until softened. Next add the garlic, thyme, oregano and rosemary, cooking for a further minute.
3. Add the flour, stirring frequently until well incorporated. Pour in 2 cups of broth and whisk until the mixture thickens.
4. Now add the remaining broth, coconut cream, celery, carrot and wild rice. Bring to a simmer, then cover and cook until the rice is cooked through (see instructions of the rice packaging for guidance on cooking times).
5. Towards the end of the cook add the kale and cook for 2-3 minutes until the kale has wilted. Add the mushrooms to the pot and stir. Season to taste with salt and pepper and serve immediately.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	30 min	345	19	37	9	5

*Nutrition per serving.

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Classic Guacamole

Serves 2

2 ripe avocados
1 lime, juiced
½ red onion, diced
1 red chili, de-seeded and diced
¼ cup (7g) cilantro, chopped
2 tsp. sesame seeds, toasted
salt & pepper

What you need to do

1. De-stone the avocados and scoop out the flesh into a bowl. Mash with a fork, leaving some of the avocado chunky to add texture.
2. Add in the lime juice, onion, chili, cilantro, sesame seeds, season with salt and pepper and mix until well combined.
3. Serve with optional garnish of additional chili, cilantro and sesame seeds.

GF	DF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	0 min	179	16	11	3	7

*Nutrition per serving.





Vegetable Patties

Serves 2

7 oz. (200g) sweet potato, peeled, grated
7 oz. (200g) white potatoes, peeled, grated
1 zucchini, grated
½ yellow onion, grated
4 tbsp. oat flour
1 tsp. baking powder
1 tsp. garlic granules
salt & pepper

What you need to do

1. Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.
2. Place the grated potatoes, zucchini and onion onto a clean tea towel, and squeeze out as much moisture as possible.
3. In a large bowl, combine the grated vegetables with oat flour and baking powder. Add the garlic granules, season to taste with salt and pepper and give the mixture a good stir.
4. Scoop a ¼ cup of the mixture and shape into patties with your hands. Place the patties on the baking sheet and bake in the hot oven for 15 minutes. Turn the patties over and bake for a further 15 minutes on the second side.
5. Serve the patties warm from the oven, topped with some fresh guacamole (see recipe in this pack).

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	30 min	278	2	61	8	7

*Nutrition per serving.





Chickpea Sandwiches

Serves 2

1 cup (165g) chickpeas, drained
1 tbsp. tahini
1 tsp. Dijon mustard
2 tsp. maple syrup
2 tsp. sriracha sauce
½ small red onion, diced
salt & pepper
4 slices whole wheat bread
2 lettuce leaves
1 tomato, sliced

What you need to do

1. Place the chickpeas in a bowl and mash with a fork, leaving some of the chickpeas a little chunkier for added texture. Add the tahini, mustard, sriracha, maple syrup, onion and season with salt and pepper. Mix well to combine.
2. Toast the bread and spread the chickpea mixture onto two slices. Top the chickpea mixture with lettuce and sliced tomato. Now cover with the second slice of toasted bread and serve immediately.

DF	MP	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	0 min	431	10	67	20	14

*Nutrition per serving.





Rice & Chickpea Salad with Tahini Lemon Dressing

Serves 4

For the dressing:

2 tbsp. tahini
1 lemon, juiced
3 tbsp. olive oil
1 tsp. maple syrup
2-3 tbsp. water

For the salad:

1 cup (185g) white rice
1 carrot, peeled, grated
1 cup broccoli florets, finely chopped
½ red onion, diced
1 cup (165g) chickpeas, drained
½ cup (15g) cilantro, chopped
salt & pepper

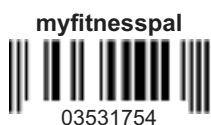
What you need to do

1. Cook the rice following the instructions on the packaging. Once cooked, drain and set aside to cool.
2. Make the dressing by combining all of the dressing ingredients. Set aside in the refrigerator until ready to assemble the salad.
3. Place all the salad ingredients, including the cooked rice, into a large bowl. Season to taste with salt and pepper and mix well.
4. Drizzle half of the dressing over the salad and mix until well covered. Serve the remaining dressing alongside the salad. Serve at room temperature.

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	0 min	390	16	54	9	6

*Nutrition per serving.





Red Curry Tofu

Serves 4

1 cup (185g) brown rice, uncooked
1 tbsp. coconut oil
1 yellow onion, chopped
1 tbsp. root ginger, minced
2 cloves garlic, minced
1 red bell pepper, sliced
1 cup (150g) green beans, chopped
1 carrot, sliced
1 cup (30g) spinach
7 oz. (200g) firm tofu, drained, cubed
1 tbsp. Thai red curry paste
1x 14 oz. (400ml) can coconut milk
1 tsp. rice vinegar
1 tbsp. tamari
1 tsp. maple syrup
4 tbsp. cilantro, chopped

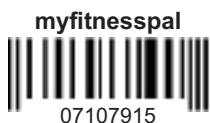
What you need to do

1. Cook the rice according to instructions on the packaging.
2. Meanwhile, heat the coconut oil in a large pot over a medium-high heat and sauté the onion for 3-4 minutes. Now add the ginger and garlic and cook for 1-2 minutes until fragrant.
3. Add the bell peppers, green beans and carrots and cook until the vegetables are tender, approximately 3-4 minutes.
4. Next add the spinach and tofu and cook for 2 minutes. Add the curry paste and cook, stirring often, for a further 2 minutes. Add the coconut milk, rice vinegar, tamari and maple syrup. Stir well to combine then reduce the heat to low and simmer gently for 10 minutes.
5. Divide the rice between 4 serving bowls or plates, top with a portion of curry, garnish with cilantro and serve immediately.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	15 min	439	23	49	12	5

*Nutrition per serving.





Roasted Vegetables & Red Lentil Stew

Serves 6

1 cauliflower, divided into florets
 1 sweet potato, peeled, cubed
 2 red bell peppers, chopped
 1 head garlic, halved
 3 tbsp. olive oil, divided
 1 onion, chopped
 4 cloves garlic, chopped
 2 tsp. dried oregano
 2 tsp. dried basil
 1 tsp. dried thyme
 2x 14 oz. (400g) cans chopped tomatoes
 6 cups (1400ml) vegetable broth
 4 tbsp. tomato paste
 2 tbsp. balsamic vinegar
 1 cup (200g) red lentils, dry
 4 tbsp. parsley, chopped

What you need to do

1. Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.
2. Place the cauliflower florets, sweet potato, bell peppers and the whole head of garlic (cut side down) onto the baking sheet. Drizzle the vegetables with 2 tablespoons of olive oil and place the tray into the hot oven. Roast the vegetables for 40-45 minutes.
3. Once the vegetables have roasted, heat the remaining 1 tablespoon of olive oil in a large pot over a medium-high heat and sauté the chopped onion and garlic for 2-3 minutes until soft and fragrant.
4. Add the oregano, basil, thyme, chopped tomatoes, vegetable broth, tomato paste and balsamic into the pot with the onion and garlic.
5. Squeeze the whole roasted garlic out of the skin and into the pot and add the roasted vegetables. Mix everything together until well combined, then use a hand blender and blend until smooth.
6. Add the red lentils to the mixture and simmer for 15 minutes or until the lentils are cooked through.
7. Garnish with freshly chopped parsley and serve immediately.

GF DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	1 hr 5 min	299	8	45	13	10

*Nutrition per serving.





Creamy Roasted Tomato & Garlic Pasta

Serves 4

For the pasta:

3 cups (450g) cherry tomatoes
1 head garlic, halved
8.8 oz. (250g) spaghetti noodles
7 oz. (200g) firm tofu
2 tbsp. olive oil
1 tbsp. nutritional yeast
2 tbsp. tomato paste
4 tbsp. fresh basil, chopped
½ cup (120ml) pasta cooking water
salt & pepper

For the vegan Parmesan:

¾ cup (100g) cashews
4 tbsp. nutritional yeast
1 tsp. garlic granules
2 tbsp. olive oil

What you need to do

1. Heat the oven to 440°F (230°C).
2. Place the tomatoes and garlic in a roasting dish and bake for 45 minutes in the hot oven.
3. Cook the spaghetti according to the package instructions (reserve some of the cooking water for later).
4. Once the tomatoes have finished cooking, remove the tray from the oven and set aside a quarter of the tomatoes for later.
5. Place the remaining tomatoes into a food processor. Take the garlic and squeeze it out of the skin straight into the food processor along with the remaining pasta sauce ingredients (with the exception of the reserved pasta cooking water).
6. Season to taste with salt and pepper and blitz until creamy. Add some of the reserved pasta cooking water a tablespoon at a time until the desired consistency is reached.
7. Clean the bowl of the food processor and add all the vegan parmesan ingredients. Blitz until a parmesan-like consistency is reached.
8. Mix the cooked pasta with the pasta sauce and divide between 4 serving bowls. Serve immediately topped with vegan parmesan and freshly chopped basil.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	45 min	469	29	36	19	7

*Nutrition per serving.





Sweet & Salty Nuts

Serves 6

2 tbsp. maple syrup
1 tbsp. tamari
1 tsp. garlic granules
1 tsp. smoked paprika
¾ cup (105g) cashews
¾ cup (108g) almonds

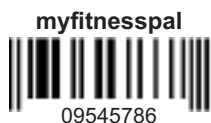
What you need to do

1. Preheat the oven to 360°F (180°C). Line a baking sheet with baking paper.
2. In a small bowl, mix the maple syrup, tamari, garlic granules and smoked paprika.
3. Place the nuts in a large bowl and drizzle over the sauce. Mix well until all the nuts are evenly coated with the sauce.
4. Spread the nuts out evenly on the baking tray, in a single layer, and roast in the oven for 3 minutes.
5. Remove the tray and give the nuts a good stir, then cook for a further 3-4 minutes, keeping a close eye to ensure the nuts don't burn.
6. Remove the nuts from the oven and allow to cool completely before breaking up and enjoying.

GF	DF	LC	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	10 min	221	17	14	7	3

*Nutrition per serving.





Banoffee Parfaits

Serves 2

For the crumble:

½ cup (70g) almonds
6 dates, pitted
2 tbsp. desiccated coconut

For the yogurt:

1 cup (235g) coconut yogurt,
unsweetened
1 tsp. vanilla extract
1 tbsp. maple syrup

For the caramel:

2 tsp. natural peanut butter
1 tbsp. maple syrup
⅛ tsp. salt

To serve:

1 banana, sliced

What you need to do

1. Add all the crumble ingredients to a food processor and blitz to form a crumb, then set aside.
2. In a small bowl, mix together the coconut yogurt, vanilla extract and maple syrup, then set aside.
3. Combine all the caramel ingredients together in a bowl, adding a splash of water if needed to reach the desired consistency.
4. Layer the parfaits into 2 serving glasses or jars. Start with a couple of teaspoons of the crumble followed by the coconut yogurt, the sliced banana and the caramel. Repeat this process until all ingredients have been used up.
5. Enjoy straight away or store in the refrigerator until later.

GF	DF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	0 min	232	14	25	5	5

*Nutrition per serving.





Vegan Raisin & Oat Cookies

Makes 12

1 tbsp. ground flax seeds
3 tbsp. water
1/3 cup (80ml) coconut oil, softened
4 tbsp. coconut sugar
4 tbsp. maple syrup
1 tsp vanilla extract
1 cup (90g) rolled oats
1 cup (88g) oat flour
3/4 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
1/3 cup (50g) raisins

What you need to do

1. Preheat the oven to 375°F (190°C). Line a baking sheet with baking paper.
2. In a small bowl, mix the ground flax seeds with 3 tablespoons of water and set aside to thicken.
3. Beat the coconut oil and coconut sugar together until smooth. Add in the earlier prepared flaxseeds, maple syrup, and vanilla extract.
4. Next add in the rolled oats, oat flour, baking powder, baking soda and salt. Mix well until combined. Finally, mix through the raisins.
5. Divide the cookie dough into 12 portions, roughly the size of walnuts, and place them on the baking sheet. Flatten the dough into cookie shapes.
6. Place the tray into the hot oven and bake for about 12-14 minutes.
7. Once cooked remove the cookies from the oven and set aside on a wire rack to cool completely.

DF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 min	14 min	148	7	18	3	2

*Nutrition per serving.

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