VEGANUARY'S
HIGH CALORIE MEAL PLAN

EACH RECIPE SERVES ONE PERSON

3800-4200 KCAL PER DAY

VEGANUARY

DAY 1: 3,870 KCAL

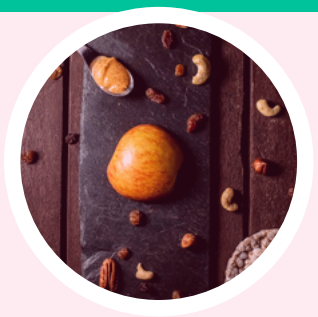
BREAKFAST
QUINOA PORRIDGE WITH BLUEBERRIES

LUNCH
BLACK BEAN SALAD

DINNER
RICE PEANUT NOODLES

SNACKS TO ENJOY THROUGHOUT THE DAY

- 3 wholemeal rice cakes with 3 tsp almond butter
- 70g / ½ cup mixed nuts and raisins
- 1 apple



DAY 1

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

BREAKFAST

QUINOA PORRIDGE WITH BLUEBERRIES

INGREDIENTS

190g / ⅘ cup quinoa

2 cups water

500ml / 2 cups unsweetened plant milk

1 banana

3 tbsp sultanas / cranberries / chopped figs / chopped dates

2 tbsp mixed seeds

METHOD

1. Rinse quinoa under cold running water
2. Put into a pan with 2 cups water and bring to the boil
3. Reduce the heat and simmer for 10 minutes until soft
4. Add the milk, bring back to the boil then simmer for another five minutes
5. Serve with the banana, berries and seeds

DAY 1

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

LUNCH

BLACK BEAN SALAD

INGREDIENTS

- 140g / 2 cups cooked black beans
- 75g / ¾ cup short wholemeal pasta, cooked
- 30g / ⅓ cup corn
- 2 tbsp olives
- ½ avocado
- 1 bell pepper
- 100g / 1 cup rocket
- 1 onion, chopped finely
- 2 tbsp coriander leaves
- 2 tbsp extra virgin olive oil
- 2 tbsp lime juice

METHOD

1. Combine all ingredients in a bowl, dress with the oil and lime juice, enjoy.

DAY 1

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

DINNER

RICE PEANUT NOODLES

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 bell pepper, sliced
- 1 head bok choi, broken into individual leaves
- 55g / ½ cup snow peas / mange tout
- ½ cup green peas
- 1 tsp hot chillies, finely sliced (seeds can be left in if you prefer the heat)
- 200g / 2 cups wholemeal rice noodles
- 3 tbsp peanut butter
- 2 tbsp peanuts, lightly roasted and crushed
- 2 tbsp coriander
- 2 tbsp chives, chopped
- Soy sauce and additional chilli to taste

METHOD

1. In a large pan or wok, stir-fry the vegetables and the chilli in the oil for five minutes. Stir in the peanut butter
2. Meanwhile, put the noodles in a large bowl and cover with boiling water. Let stand for three minutes, then drain
3. Add the noodles to the wok, and mix well, cooking for a further 2 minutes
4. Stir dressed with the coriander, chives, soy sauce and crushed peanuts, and more chillies if you like it hot

DAY 2: 4,164 KCAL

BREAKFAST
SMOOTHIE AND TAHINI TOAST

LUNCH
JACKET POTATO WITH BEANS AND SALAD

DINNER
RED KIDNEY BEAN BURGERS IN BUNS

SNACKS TO ENJOY THROUGHOUT THE DAY

- 3 Ryvita slices
- 3 tsp tahini
- 3 tsp hummus
- ½ avocado
- 1 banana
- 60g mixed nuts

DAY 2

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

BREAKFAST

SMOOTHIE AND TAHINI TOAST

INGREDIENTS

1 avocado

1 banana

100g / 2 cups spinach

110g / 1 cup berries

375ml / 1 ½ cup almond milk

2 tbsp ground linseeds

2 slices wholemeal toast

2 tsp tahini

8 slices cucumber

METHOD

1. In a blender, combine all the smoothie ingredients
2. Cover the toast in the tahini and cucumber slices

DAY 2

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

LUNCH

JACKET POTATO WITH BEANS AND SALAD

INGREDIENTS

- 1 large potato (unpeeled)
- 210g / 1 cup baked beans
- 150g / 1 cup mixed salad
- 1 tbsp extra virgin olive oil
- 1 tsp linseed oil
- 3 tbsp mixed seeds
- 1 slice wholemeal bread for mopping

METHOD

1. Heat the oven to 200°C
2. Scrub the potato and pierce its skin several times with a fork
3. Bake it for 20 minutes, then turn the heat down to 170°C and bake for another 45 minutes. Alternatively, cook on full power in the microwave for five minutes, turn the potato over and cook for another five
4. Split the potato down the middle and cover with the baked beans
5. Serve with a salad dressed in olive oil, linseed oil and seeds, and use the bread to mop up the juices

DAY 2

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

DINNER

RED KIDNEY BEAN BURGERS IN BUNS

INGREDIENTS

- 2 tbsp olive oil
- 1 onion, thinly sliced
- 1 clove garlic, peeled and crushed
- 210g / 3 cups cooked kidney beans, roughly mashed
- 40g / ½ cup oats
- 75g / ½ cup sunflower or pumpkin seeds
- 15g sweet chili sauce
- 2 tbsp parsley, chopped (or coriander if preferred)
- 1 tbsp ground flaxseeds
- 2 tbsp plain flour
- 2 wholemeal buns
- 165g / 1 ½ cup mixed salad
- 2 tsp linseed oil

METHOD

1. Fry the onion in half the oil for 8-10 minutes over a medium heat until becoming translucent. Add the garlic and fry, stirring for another minute
2. Stir in the roughly mashed kidney beans, oats and seeds and then add the sweet chilli sauce, parsley and flax seed. Mix well
3. Let it cool for a few minutes and then mould into four burger shapes using the flour to prevent sticking
4. Fry the burgers in the rest of the oil for five minutes, then turn and cook for another three minutes
5. Serve in the buns with the dressed salad
6. Ketchup optional!l

DAY 3: 3,805 KCAL

BREAKFAST
SCRAMBLED TOFU AND FRUIT

LUNCH
LENTIL SALAD

DINNER
PIZZA AND SALAD

SNACKS TO ENJOY THROUGHOUT THE DAY

- 4 rice cakes
- 4 tbsp hummus
- 1 banana
- 70g / ¾ cup mixed nuts and dry figs / dates

DAY 3

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

BREAKFAST

SCRAMBLED TOFU AND FRUIT

INGREDIENTS

1 tsp rapeseed oil

360g / 1 ½ cup firm tofu, drained and crumbled

1 tsp turmeric

100g / 2 cups spinach

1 tomato, sliced

1 bell pepper, diced

2 tbsp chives, chopped

2 tbsp parsley, chopped

2 slices wholemeal bread, toasted

2 tsp tahini

2 peaches or nectarines

METHOD

1. Heat the oil in a non-stick pan, and add the tofu and turmeric. Mix well and fry for 3-4 minutes
2. Add the spinach leaves, tomato and pepper, and fry for 5 minutes, stirring regularly to prevent sticking
3. Add the herbs and season to taste
4. Spread the tahini on the toasted bread and pile the scrambled tofu on top
5. Eat the fruit before, after or with the tofu

DAY 3

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

LUNCH

LENTIL SALAD

INGREDIENTS

225g / 3 cups cooked green or brown lentils

3 tbsp olives

1 pepper

7 cherry tomatoes

1 courgette, lightly steamed

½ head broccoli, steamed

50g / ½ cup corn

40g / ⅖ cup walnuts, chopped

2 tbsp fresh herbs of your choice

1 tbsp lemon juice

2 tbsp linseed oil

2 slices wholemeal bread

METHOD

1. Combine all the ingredients and eat with the bread

DAY 3

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

DINNER

PIZZA AND SALAD

INGREDIENTS

350g mixed vegetables

2 cloves garlic, peeled and crushed

1 tsp dried thyme

2 tbsp extra virgin olive oil

1 large vegan pizza base

1 tbsp sundried tomato paste

1 tomato, sliced

2 tbsp vegan cheese, grated

165g / 1 ½ cup mixed salad dressed with 2 tsp extra virgin olive oil

METHOD

1. Heat the oven to 200°C / 400°F
2. Mix the vegetables, garlic and thyme with the olive oil in a roasting pan and put in the oven for 15-18 minutes
3. In the meantime, spread the sundried tomato paste onto the pizza base
4. Add the cooked vegetables to the pizza bases, cover in cheese, place the sliced tomato on top and return to the oven for 8-10 minutes
5. Serve with the salad

DAY 4: 3,860 KCAL

BREAKFAST
FRUITY PORRIDGE

LUNCH
VEGAN SUSHI

DINNER
TOFU FARINATA

SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 banana
- 3 rice cakes with 3 tbsp peanut butter
- Celery, carrot and fennel sticks with 5 tbsp hummus

DAY 4

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

BREAKFAST

FRUITY PORRIDGE

INGREDIENTS

170g / 2 cups oats

500ml / 2 cups unsweetened plant milk

1 apple, sliced

2 tbsp chopped dates

2 tbsp chopped walnuts

2 tbsp ground linseed or chia seeds

METHOD

1. Place the oats in a pan with the plant milk, and mix well

2. Bring to the boil, reduce the heat and simmer gently for 4-5 minutes, stirring occasionally and adding a little water if you prefer a wetter consistency

3. Remove from the heat and either stir in the seeds and fruit or scatter them on the top

DAY 4

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

LUNCH

VEGAN SUSHI

INGREDIENTS

220g / 2 cups mixed marinated vegetables (carrot, cucumber, courgette / zucchini)

1 tbsp sesame seeds

¼ sweet onion

⅓ cup rice vinegar

1 tbsp fresh dill, finely chopped

¾ tsp salt

¾ tsp sugar

¼ tsp chilli pepper flakes

4 nori seaweed sheets

200g / 1 ¼ cup brown rice, cooked

1 avocado, peeled, de-stoned and cut finely

70g / 1 cup edamame beans, cooked

METHOD

1. If you are marinating your own vegetables, slice them as finely as you can (using a mandoline if you have one)

2. Dry-fry the sesame seeds over a medium heat for 2-3 minutes

3. Gently mix the vegetables and sesame seeds together and put into a container with a tight-fitting lid, and refrigerate for at least an hour

4. Mix the marinated vegetables together with the rice

5. Place the seaweed sheet onto a flat surface and cover evenly with one-quarter of the mix, leaving 1cm clear at the top

6. Make a small hollow along the centre of the rice and add one-quarter of the avocado and edamame beans

7. Roll it up carefully, trying not to lose too much filling along the way

8. Cut into pieces using a wet knife, and repeat with the other seaweed sheets and filling

Pre-marinated vegetables are easiest to use if you are able to buy them, otherwise you can marinate your own (this can be done up to five days in advance)

If you don't have a sushi rolling mat you can try using a clean, dry dish towel!

DAY 4

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

DINNER

TOFU FARINATA

INGREDIENTS

- 200g / 1 ½ cup chickpea flour
- 250ml / 1 cup water
- 1 sprig rosemary leaves, cut finely
- 2 tsp rapeseed oil
- 170g / 2 cups firm tofu, sliced into thin strips
- ½ red bell pepper, sliced
- 1 tomato, diced
- ½ leek, sliced
- ½ courgette, sliced
- Sea salt to taste
- 3 Ryvita crackerbreads

METHOD

1. Heat the oven to 175ºC or 350ºF
2. Combine the chickpea flour with the water and whisk to ensure there are no lumps. Stir in the rosemary and set aside.
3. Oil a baking tray or ovenproof nonstick pan using the rapeseed oil
4. Put the vegetables and tofu onto a tray / in the bottom of an ovenproof pan
5. Season to taste
6. Pour the chickpea batter over the mixture, sprinkle the sea salt over the top and cook in the oven for 25-30 minutes
7. Let it rest for a few minutes, then cut it into pieces
8. Serve with the crackerbreads

DAY 5: 3,995 KCAL

BREAKFAST
BUCKWHEAT CAKES AND FRUIT SALAD

LUNCH
SAUERKRAUT BRUSCHETTA

DINNER
BANGERS AND MASH

SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 apple, sliced with 3 tbsp peanut butter
- 110g / 1 cup mixed berries
- 2 oat cakes
- 75g / ½ cup mixed walnuts and almonds

DAY 5

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

BREAKFAST

BUCKWHEAT CAKES AND FRUIT SALAD

INGREDIENTS

- 4 buckwheat cakes
- 4 tbsp hummus
- 4 tsp tahini
- 2 tsp Marmite
- 1 apple, sliced
- ½ pear, sliced
- 1 nectarine, sliced
- 2 tbsp raisins
- 2 tsp lemon juice

METHOD

1. Cover the buckwheat cakes however you like with the hummus, tahini and marmite
2. Mix together the fruit and lemon juice

DAY 5

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

LUNCH

SAUERKRAUT BRUSCHETTA

INGREDIENTS

- 1 garlic clove, peeled and minced
- 4 tsp olive oil
- 4 slices wholegrain toast
- 3 tomatoes, chopped
- 3 heaped tbsp cannellini beans
- 200g / 2 cups fermented cabbage
- 3 tbsp fresh basil, shredded

METHOD

1. Mix the garlic into the oil and spread it over the four pieces of toasted bread
2. Heap on the tomatoes, beans and fermented cabbage
3. Season to taste and garnish with the basil

DAY 5

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

DINNER

BANGERS AND MASH

INGREDIENTS

4 vegan Quorn sausages

250g / 1 cup mashed potato (peel, boil and mash 250g potato, then season and add a splash of plant milk if desired)

165g / 1 ½ cup mixed salad

1 tbsp linseed oil

METHOD

1. Cook the sausages as per the packet instructions
2. Serve with the mashed potato and the dressed salad

VEGANUARY

DAY 6: 4,070 KCAL

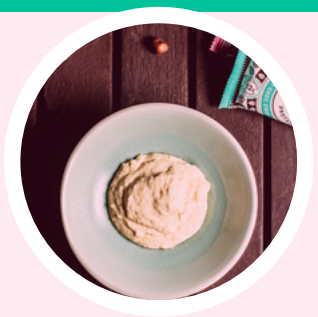
BREAKFAST
YOGHURT AND FLAKES

LUNCH
MIXED BEAN SOUP

DINNER
VEGETABLE RICE

SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 banana
- 25g / ½ cup hazelnuts
- 2 pulsin bars – or other fruit bar
- 4 wholemeal crackers
- 4 tsp hummus



DAY 6

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

BREAKFAST

YOGHURT AND FLAKES

INGREDIENTS

500ml / 2 cups unsweetened coconut yoghurt

80g / 1 cup quinoa, amaranth or buckwheat flakes

1 banana

55g / ½ cup mixed berries

3 tbsp lightly toasted mixed seeds

METHOD

1. Mix the flakes into the yoghurt, and eat with the fruit

VEGANUARY

DAY 6

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

LUNCH

MIXED BEAN SOUP

INGREDIENTS

2 tsp olive oil

1 onion, peeled and sliced

1 clove garlic, peeled and minced

210g / 3 cups cooked mixed beans

1 potato, peeled and chopped into 1cm cubes

½ courgette / zucchini, diced

4 tbsp tomato paste

750ml water or vegetable stock

1 tbsp linseed oil

2 tbsp mixed seeds

2 slices wholemeal bread

2 tsp almond butter

METHOD

1. Gently fry the onion in the olive oil for 5-8 minutes until becoming translucent. Add the garlic and cook, stirring for another minute

2. Add the beans, potato, courgette / zucchini and tomato paste and stir until well mixed

3. Add the water or stock, cover and bring to the boil

4. Reduce the heat, and simmer for 12-15 minutes until the potato is soft

5. Season to taste, stir in the linseed oil and sprinkle on the seeds

6. Serve with the bread (toasted if you prefer) covered in the almond butter

DAY 6

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

DINNER

VEGETABLE RICE

INGREDIENTS

- 2 tbsp extra virgin olive oil
- ½ onion, peeled and sliced
- 150g / 1 ½ cups (uncooked weight) brown rice
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 400ml water or vegetable stock
- 330g / 3 cups mixed vegetables, diced small
- 75g / 1 cup green peas
- 50g / ½ cup cashews

METHOD

1. In a large pan, fry the onion for 5-8 minutes until becoming translucent
2. Stir in the rice, paprika and thyme, and mix until coated
3. Pour in around 300ml of the water or vegetable stock, and bring to the boil, then reduce to a simmer, leaving the pan uncovered
4. Check throughout the cooking to ensure that the rice does not dry out or stick. Add more water if needed but be careful not to add too much as the rice is not drained at the end and you don't want it soupy or gloopy
5. With ten minutes of cooking time to go, add the vegetables, and five minutes later add the peas and cashews
6. Season to taste

DAY 7: 4,235 KCAL

BREAKFAST
PANCAKES

LUNCH
STUFFED AUBERGINE

DINNER
BUDDHA BOWL

SNACKS TO ENJOY THROUGHOUT THE DAY

- 1 tub of vegan ice cream
- 35g / ⅖ cup mixed nuts
- 110g / 1 cup mixed berries

DAY 7

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

BREAKFAST

PANCAKES

INGREDIENTS

3 tbsp ground flaxseed mixed with 5 tbsp warm water (a vegan egg!)

225g / 1 ½ cup buckwheat flour

1 tsp ground cinnamon

1 banana, mashed

400ml plant milk

2 tbsp rapeseed oil

1 apple, grated

3 tbsp dates, chopped

METHOD

1. Mix together the ground linseed with the water and set aside

2. In a separate bowl, mix together the flour, cinnamon, mashed banana, grated apple and chopped dates. Stir in the milk and the linseed mix

3. Heat a frying pan on a medium heat and add a little of the rapeseed oil, turning the pan to ensure it is coated

4. When hot, drop tablespoons of the batter into the pan and swirl it around so it covers the surface. Don't add too much. Thin pancakes cook much better

5. Cook for 2-3 minutes on one side, then flip and cook for another 2-3 minutes

6. Add a little more oil and cook more of the batter

DAY 7

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

LUNCH

STUFFED AUBERGINE

INGREDIENTS

2 aubergines

185g / 1 cup cooked quinoa

4 tbsp tomato paste

½ tsp harissa paste

3 tbsp chopped walnuts

½ courgette / zucchini, finely diced

2 cloves garlic, peeled and minced

2 tbsp fresh basil leaves, shredded

110g / 1 cup mixed leaf salad

1 tbsp linseed oil

METHOD

1. Heat the oven to 200ºc / 400ºF

2. Slice the aubergines in half lengthways. Add them to a large pan of boiling water and let simmer, covered, for 5-6 minutes

3. Remove the aubergine halves from the water and, when cool, scoop out the flesh leaving a small border around the edges. Set the shells aside

4. In a bowl, mix the chopped-up aubergines' flesh with the quinoa, tomato paste, harissa paste, walnuts, courgette / zucchini and minced garlic. Season to taste

5. Stuff the shells with the mixture and place them in a baking dish. Cook in the oven for 25 minutes

6. Meanwhile prepare the salad, dress it with the linseed oil, and – when ready – garnish the aubergine with the basil leaves

DAY 7

HIGH CALORIE MEAL PLAN

(3800-4200 KCAL PER DAY)

DINNER

BUDDHA BOWL

INGREDIENTS

- 120g / ½ cup hummus
- 105g / 1 ½ cup cooked cannellini or other beans
- 1 tbsp chives, chopped
- 7 falafels, already cooked
- ½ avocado
- 2 wholemeal pitta breads
- 165g / 1 ½ cup mixed vegetables
- 1 tbsp linseed oil

METHOD

1. Load your ingredients into a bowl however you like
2. Season to taste
3. Enjoy

VEGANUARY