

# 5-day vegan meal plan - Green

DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
<b>Mushroom &amp; rocket toast topper</b>		<b>Porridge with raspberries &amp; agave syrup</b>		<b>Breakfast pizzas</b>		<b>Herby scrambled tofu with griddled tomatoes</b>		<b>Sticky Quorn sausage open sandwich</b>	
Serves 1   Prep time 5 mins   Cook time 10 mins		Serves 1   Prep time 2 mins   Cook time 5 mins		Serves 1   Prep time 5 mins   Cook time 2 mins		Serves 1   Prep time 10 mins   Cook time 10 mins		Serves 1   Prep time 5 mins   Cook time 30 mins	
Heat 1 tsp <b>olive oil</b> in a pan over medium heat, add 30g sliced <b>mushrooms</b> , cook until softened. Toast 2 x 22g slices of <b>calorie controlled bread</b> , spread with 10g <b>dairy free spread</b> , top with the mushrooms & <b>rocket</b> .		Cook 30g <b>porridge oats</b> with 150ml <b>unsweetened oat milk</b> to pack instructions. Serve with 2 tbsp <b>plain soya yogurt</b> , 20g <b>raspberries</b> & 1 tsp <b>agave syrup</b> .		Combine 1½ tsp <b>chocolate peanut butter powder</b> (we used PBFit) with 1 tsp water, until smooth. Spread over both halves of 1 <b>brown sandwich thin</b> . Top with 1 sliced <b>banana</b> & 1 tsp <b>coconut flakes</b> .		Cook 50g <b>cherry tomatoes</b> in a frying pan for 5 mins, set aside. Crumble 200g <b>tofu</b> into a bowl. Add ½ tsp <b>olive oil</b> to a frying pan & cook 1 crushed <b>garlic clove</b> for 1 min. Add the <b>tofu</b> , cook for 4 mins. Sprinkle in ¼ tsp <b>turmeric</b> , season & cook for 2-3 mins. Toast 1 <b>bagel thin</b> , serve topped with the <b>tofu</b> & 1 tsp <b>chopped chives</b> .		Place 2 x <b>Quorn vegan cumberland sausages</b> & ½ sliced <b>red onion</b> in a small roasting tray. Drizzle with ½ tsp <b>olive oil</b> , bake at 200°C for 25 mins. Dot sausages with 1 tsp <b>redcurrant jelly</b> , sprinkle with <b>chilli flakes</b> , bake for 5 mins. Remove from oven & half. Top a 22g slice <b>calorie controlled bread</b> with the sausages, onion & <b>rocket</b> .	
<b>Pasta salad with peas &amp; garlicky tomatoes</b>		<b>Harissa butter bean &amp; roasted tomato soup</b>		<b>Lentil, apple &amp; spinach salad</b>		<b>Roasted pizza crumpet</b>		<b>Harissa butter bean &amp; roasted tomato soup</b>	
Serves 1   Prep time 5 mins   Cook time 15 mins		Serves 4   Prep time 15 mins   Cook time 35 mins		Serves 1   Prep time 10 mins   Cook time 25 mins		Serves 1   Prep time 5 mins   Cook time 10 mins		Serves 4   Prep time 15 mins   Cook time 35 mins	
Cook 50g <b>wholewheat pasta</b> to pack instructions, add 30g <b>peas</b> for the final 2 mins. Drain & set aside. Return pan to the heat & warm ½ tsp <b>olive oil</b> . Add ½ crushed <b>garlic clove</b> & 125g halved <b>cherry tomatoes</b> , toss together until softened slightly. Return the pasta & peas to the pan. Add a squeeze of <b>lemon juice</b> , some torn <b>basil</b> & season. Stir to combine & serve.		Roast 1 sliced <b>onion</b> , 2 sliced <b>carrots</b> , 800g halved <b>tomatoes</b> , 2 unpeeled <b>garlic cloves</b> with 1 tsp <b>olive oil</b> & 2 sprigs of <b>thyme</b> for 30 mins. Remove the thyme, place veg in a large pan. Squeeze the garlic flesh from the skins & add 650ml vegetable stock (made with 2 <b>stock cubes</b> ), 2 tsp <b>tomato purée</b> & 1 tsp <b>balsamic vinegar</b> to the pan. Bring to a simmer. Add 4 tsp <b>harissa paste</b> , blitz to combine. Stir in 2 x 400g tins drained & rinsed <b>butter beans</b> & heat through. Serve topped with 1 tsp <b>plain soya yogurt</b> per bowl.		In a bowl combine 120g cooked <b>green lentils</b> , 10g toasted & chopped <b>hazelnuts</b> , 1 chopped <b>celery stick</b> , ½ diced <b>shallot</b> & a handful of <b>spinach</b> . Slice ½ an <b>apple</b> into wedges & remove the core. Toss with 3ml <b>lemon juice</b> . Add to the salad. For the dressing, whisk together 1 tsp <b>olive oil</b> , ¼ tsp <b>wholegrain mustard</b> , ½ tsp <b>red wine vinegar</b> & season. Pour over the salad & toss to combine.		Place 1 <b>crumpet</b> on a baking tray, spread with 1 tsp <b>vegan green pesto</b> (we used Sacla 'free from' basil pesto) & sprinkle with ½ tsp <b>dried herbs</b> . Top with 15g <b>sweet piquante peppers</b> , 2 halved <b>cherry tomatoes</b> , ½ sliced <b>red onion</b> . Season & bake at 190°C for 6-7 mins. Garnish with <b>fresh basil</b> & serve with a <b>green salad</b> .		See day 2	
<b>Saag aloo</b>		<b>Spinach &amp; walnut pesto with pasta</b>		<b>Mixed bean chilli</b>		<b>Mushroom, cashew &amp; black bean stir-fry</b>		<b>Classic burger with butternut chips</b>	
Serves 4   Prep time 5 mins   Cook time 15 mins		Serves 4   Prep time 5 mins   Cook time 10 mins		Serves 4   Prep time 20 mins   Cook time 25 mins		Serves 4   Prep time 5 mins   Cook time 25 mins		Serves 4   Prep time 10 mins   Cook time 20 mins	
Heat a saucepan over medium heat & spray with <b>calorie controlled cooking spray</b> . Cook 1 diced <b>onion</b> for 5 mins. Add 350g peeled & cubed <b>potatoes</b> , 1 tsp mild <b>curry powder</b> , 1 tsp <b>ground coriander</b> & 200ml water. Bring to the boil, then simmer for 8 mins. Add 100g <b>spinach</b> , season & cook until spinach is wilted. Serve with 2 x 250g pouches <b>microwavable white rice</b> .		Put 75g <b>spinach</b> , 2 chopped <b>garlic cloves</b> 30g <b>walnuts</b> into a food processor & pulse to a coarse puree. Add 30g grated <b>Violife Parmesan style wedge</b> , pulse until combined. Slowly add 2 tsp <b>olive oil</b> , then 6 tsp water until you have a smooth consistency. Season to taste. Serve with 250g <b>wholewheat pasta</b> cooked to pack instructions & a <b>green salad</b> .		Mist a large frying pan with <b>cooking spray</b> , fry 3 mixed chopped <b>peppers</b> over a high heat for 5-7 mins. Stir in 2 tsp <b>paprika</b> , 1 tsp <b>chilli powder</b> & 1 tsp <b>ground cumin</b> , season & cook for 1 min. Add 400g tin <b>chopped tomatoes</b> & 100ml stock (made with ½ <b>vegetable stock cube</b> ) then bring the mixture to a simmer. Cook for 10-12 mins, until the mixture has thickened. Stir in 2 x 400g drained & rinsed <b>mixed beans</b> , simmer for 5 mins. Cook 2 x 250g pouches <b>microwavable brown rice</b> to pack instructions. Divide between 4 bowls, top with the <b>chilli</b> & garnish with <b>fresh coriander</b> .		Prepare 200g <b>rice noodles</b> to pack instructions, drain & set aside. Heat a large nonstick wok & toast 60g <b>cashew nuts</b> for 1-2 mins, cool then chop. Mist the wok with <b>calorie controlled cooking spray</b> , stir-fry 500g sliced <b>mushrooms</b> & 1 tsp <b>chilli flakes</b> for 10 mins. Add 320g <b>stir fry mixed vegetables</b> to the wok & stir-fry for 5 mins, then add the noodles, toasted cashews & 80g <b>black bean stir fry sauce</b> . Cook for 1-2 mins, then serve.		Bake 600g <b>butternut squash</b> , cut into thin chips at 220°C, fan 200°C, gas mark 7 for 20 mins. Meanwhile, cook 4 x 100g <b>Classic Miami Burgers</b> to pack instructions. Toast 4 x 60g <b>burger buns</b> & halve. Spread 4 halves with 15g <b>vegan mayonnaise</b> . Top each with the burgers, <b>lettuce</b> , sliced <b>tomato</b> , 1 tsp <b>American mustard</b> & the bun tops. Serve with the butternut chips on the side.	
¼ mashed <b>avocado</b> on 2 x 20g <b>plain rice cakes</b>		<b>WW Crispy Vegetable Straws</b>		¼ mashed <b>avocado</b> on 2 x 20g <b>plain rice cakes</b>		150g <b>plain soya yogurt</b> with 3 <b>walnut halves</b>		<b>WW Crispy Vegetable Straws</b>	
4		2		4		4		4	
150g <b>plain soya yogurt</b> with <b>fresh fruit</b> & 1 tsp <b>flaxseed</b>		150g <b>plain soya yogurt</b> with <b>fresh fruit</b>		150g <b>plain soya yogurt</b> with <b>fresh fruit</b> & 1 tsp <b>flaxseed</b>		<b>Fresh fruit</b>		150g <b>plain soya yogurt</b> with 3 <b>walnut halves</b>	
4		2		4		4		0	
30		28		28		27		28	