



ZOE COX

Plant based meal suggestions

Meal suggestions

Breakfast

Turmeric tofu scramble, handful of wilted spinach, garlic, avocado and tomato on a slice of “life changing loaf” (<https://food52.com/recipes/28886-my-new-roots-life-changing-loaf-of-bread>), add a sprinkle of sesame seeds to top.

Buckwheat and oat porridge with cinnamon cooked in water topped with berries and chopped walnuts, with a dash of unsweetened nut/oat mylk. Please use rolled oats and whole grain buckwheat.

Chia pudding: ¼ cup of chia seeds, 1 cup of unsweetened mylk, cinnamon, a pinch of sea salt, a small handful of frozen organic berries. Top with a dollop of coconut yoghurt. Make the night before and have in the morning.

Blueberry smoothie- 30g of hemp protein powder, 1 tablespoon of freshly ground flaxseeds, chlorella/spirulina powder, 1tablespoon of chia seeds, a brazil nut, frozen blueberries and coconut yoghurt, nut mylk.



Lunch

Vegan felafel bowl (on quinoa and brown rice) with salad.

Lentil soup with dulse flakes to garnish. A slice of toasted life changing loaf with a drizzle of olive oil.

Black beans cooked with onion, garlic, and Mexican spices, fresh salsa, guacamole and shredded carrot with a side of steamed red rice.

Salad: Kidney beans, tomato, spanish onions, mixed greens, grated carrot, and warmed Quinoa, with pickles on the side. Dress with olive oil and vinegar and top with some flaked almonds.

Dinner

Red lentil dhal with roasted spiced cauliflower and a side of brown rice.

Tofu and vegetable stirfry, with soba noodles.

Spiced roasted chickpeas on a warm mixed salad made of roast veggies, quinoa and brown rice topped with a tahini, coconut yoghurt, olive oil and parsley dressing

Cannellini bean and cauliflower soup, topped with nutritional yeast, sesame seeds and hemp seeds

Snacks

Nori chips

Chia puddings

Small handful of raw, unsalted nuts

Nut butter on celery sticks

Hummus with mixed veggie sticks

Coconut yoghurt, blueberries, cinnamon and walnuts, topped with a tablespoon of hemp seeds

Berry smoothie with hemp protein powder

Corn and zucchini fritters

1/2 small avocado with tamari

