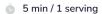


297





### **Peanut Power Oatmeal!**

30g

**11**g

21g

CALORIES PROTEIN CARBS FAT				
Ingredients				
15g peanut butter, smooth style, without salt				
30g oats				
15g vanilla vegan protein blend (70%)				
110ml almond milk				
40g raspberries				
Preparation				
One of the simplest meals on Earth!				
<b>Step 1:</b> Mash all ingredients together in a bowl except the raspberries				
<b>Step 2:</b> Place the bowl in the microwave for 1 minute				
<b>Step 3:</b> Serve with the raspberries on top!				
Step 4: Get your feed on.				



288

CALORIES



#### 15 min / 1 serving

## The Superman Sandwich

23a

**PROTEIN** 

Ingredients			
	60g seitan		
	20g tomatoes, red, ripe		
	20g red onion		
	15g vegan cheddar cheese		
	2 slice regular whole grain bread		

35a

CARBS

6a

FAT

#### Preparation

Pretty super, and pretty simple!

**Step 1**: Pre-grill your sliced seitan until it is cooked all the way through and then allow to chill in the refrigerator. Drizzle with a little soy sauce to absorb some extra flavour!

**Step 2:** Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

**Step 3:** Slice the tomato and onion and get them ready for action.

**Step 4:** Layer all ingredients in whatever order you see fit. We personally went with bread, lettuce, seitan, tomato, onion, then the cheddar on top with the second slice of bread to finish!



291

CALORIES



20 min / 1 serving

# Simple Seitan, Broccoli, and Rice Meal Prep!

36g

CARBS

6a

FAT

24a

PROTEIN

Ingredients		
	35g brown rice (medium-grain)	
	30g seitan	
	1/4 tsp brown sugar	
	1/4 tsp paprika	
	1/4 tsp cumin powder	
	1/4 tsp garlic powder	
	1 tsp olive oil	
	50g broccoli	
Duana	.votion	

#### Preparation

Simply multiply all ingredients if you wish to bulk cook!

**Step 1:** Start out by placing your rice in a saucepan to cook over a medium heat with 1 part rice to 2 parts water.

**Step 2:** Allow to gently simmer for about 15-20 minutes until all of the water has been absorbed.

**Step 3:** In the meantime, take out a bowl and combine the seitan with the brown sugar, paprika, cumin, garlic powder, salt, and pepper.

**Step 4:** Take out your most loved frying pan or skillet and bring to heat over a medium-high temperature.

**Step 5:** Add the olive oil and then the seitan to this desirable pan and cook for around 3 minutes per side.

**Step 6:** Once the seitan has developed a nice browning colour on both sides, turn off the heat and allow it to rest for a further 5 minutes.

**Step 7:** While the seitan is taking it easy, bring a pot to boil over a high heat and add the broccoli florets. Allow to blanch for 1 minute.

**Step 8:** Slice the seitan into bite-size pieces and then (if meal prepping) pull out your meal prep containers. Divide the portions evenly among your meal prep containers.

**Step 9:** If meal prepping- cover and refrigerate for up to 4 days. To serve, reheat in the microwave on a high setting for 2 minutes (adding spicy sauce is a treat!).

You're all set!





<1 min / 1 serving</p>

#### Watermelon

60 1g 15g 0g CALORIES PROTEIN CARBS FAT

Ingredients

200g watermelon

#### Preparation

Treat yourself to another slice, or two...





<1 min / 1 serving</p>

## **Red Grapes**

59 1g 15g Og CALORIES PROTEIN CARBS FAT

#### Ingredients

85g red grapes

#### Preparation

Not quite a glass of wine, but close!



## **Ingredients Needed**

Bake	ed	
	2 slice regular (60g) Whole Grain Bread	
Dairy and Egg		
	15g Vegan Cheddar Cheese	
Fats and Oils		
	1 tsp (4.5g) Olive Oil	
Fruits and Fruit Juices		
	40g Raspberries	
	85g Red Grapes	
	200g Watermelon	
Grains, Noodles and Pasta		
	35g Brown Rice (medium-grain)	
	30g Oats	
	120g Seitan	
Legumes		
	15g Peanut butter, smooth style, without salt	
Nuts and Seeds		
	110ml (110g) Almond Milk	
Protein Powders		
	15g Vanilla Vegan Protein Blend (70%)	

	1/4 tsp (1.25g) Cumin Powder		
	1/4 tsp (0.775g) Garlic Powder		
	1/4 tsp (0.575g) Paprika		
Sweets			
	1/4 tsp (0.75g) Brown Sugar		
Vegetables			
	50g Broccoli		
	20g Red Onion		
	20g Tomatoes, Red, Ripe		

**Spices and Herbs**