



🕒 5 min / 1 serving

Peanut Power Oatmeal!

297
CALORIES

21g
PROTEIN

30g
CARBS

11g
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!

Step 1: Mash all ingredients together in a bowl except the raspberries

Step 2: Place the bowl in the microwave for 1 minute

Step 3: Serve with the raspberries on top!

Step 4: Get your feed on.



🕒 15 min / 1 serving

The Superman Sandwich

288
CALORIES

23g
PROTEIN

35g
CARBS

6g
FAT

Ingredients

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

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!



🕒 20 min / 1 serving

Simple Seitan, Broccoli, and Rice Meal Prep!

291

CALORIES

24g

PROTEIN

36g

CARBS

6g

FAT

Ingredients

- 35g brown rice (medium-grain)
- 80g 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

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

Watermelon

60
CALORIES

1g
PROTEIN

15g
CARBS

0g
FAT

Ingredients

200g watermelon

Preparation

Treat yourself to another slice, or two...



 <1 min / 1 serving

Red Grapes

59
CALORIES

1g
PROTEIN

15g
CARBS

0g
FAT

Ingredients

85g red grapes

Preparation

Not quite a glass of wine, but close!

Ingredients Needed

Baked

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%)

Spices and Herbs

- 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