

MONDAY**BREAKFAST****Veggie Breakfast Bakes**

FREE FOOD SERVES 4
Heat the oven to 200c/180c fan/gas 6. Put 4 large mushrooms & 8 halved tomatoes into 4 ovenproof dishes. Divide a thinly sliced garlic clove between the dishes, drizzle with 2 tsps of olive oil, season & bake for 10 mins. Meanwhile wilt a 200g bag of spinach & add to the dishes. Make a little gap between the vegetables & crack an egg into each dish. Return to the oven & cook for a further 8-10 mins until the eggs are cooked to your liking.

LUNCH**Curried Kale & Chickpea Soup**

**1 BITE PER SERVING
SERVES 2**
Spray a large pan with low cal oil & fry a chopped onion for 5 mins. Add 1tbsp grated ginger & 2 crushed garlic cloves & fry for 1 minute more. Stir in a 200g sweet potato, peeled & cubed, 1tsp turmeric, 2tsp ground cumin, 2tbsp curry powder, & a 400g can chickpeas, rinsed. Cook for another 5 mins, adding a little water if the spices stick to the pan. Pour in 150ml low-fat coconut milk & 400ml vegetable stock. Bring to a simmer & cook for 8 mins. Season, then transfer ¼ of the soup to a blender & whizz until smooth. Pour in another 100ml of stock if needed, then add back to the pan with the remaining soup. Stir in 160g chopped kale & cook for 5 mins. Add the juice of a lime, then ladle into bowls & scatter with a finely chopped chilli (optional)

DINNER**Linguine with Avocado, Tomato & Lime**

FREE FOOD SERVES 2
Cook 120g, uncooked weight, linguine according to pack instructions. Meanwhile, put the juice & zest of a lime in a medium bowl with a chopped avocado, 2 large, chopped ripe tomatoes, ½ pack fresh chopped coriander, 1 finely chopped red onion & 1 deseeded & finely chopped red chilli. Mix everything well, drain the pasta & toss into the bowl. Serve straight away.

TUESDAY**BREAKFAST****Tropical Chia Pudding**

**2 BITES PER SERVING
SERVES 4**
Pour 1 can low fat coconut milk into a bowl & sweeten with 4tsps of canderal & whisk well. Add in 60 g chia seeds & mix again. Either use 4 small containers or one big pot. Pour chia seed mix in pot/s. Add GorgeUs frozen tropical mix on top (they will defrost & be perfect by the morning) & cover with clingfilm. Refrigerate for at least 4 hrs or overnight. Add some extra toppings in the morning if you like (banana, kiwi, etc etc).

LUNCH**Feta, Tomato, Avocado & Cucumber Salad**

**1.5 BITES PER SERVING
SERVES 2**
Peel & dice one cucumber & one avocado & put in a bowl. Add 300g cherry tomatoes, halved. Cube 60g vegan/vegetarian feta & add to bowl. Add 2tbsp finely chopped red onion & a handful of chopped parsley. Whisk together 1 tsp olive oil, 1 tsp red wine vinegar & black pepper – pour over salad. Toss gently so the feta & avocado doesn't break up. Add 120g couscous, divide between 2 bowls & serve immediately.

DINNER**Vegan Chili**

FREE FOOD SERVES 4
Peel 2 sweet potatoes & cut into medium chunks. Put into a roasting tin & sprinkle with 1 tsp smoked paprika & 1 tsp ground cumin. Spray with low cal oil, season & roast at 200c/180c/gas 6 for 25 mins until cooked. Meanwhile, spray a large saucepan with low cal oil & cook 1 chopped onion, 2 chopped carrots & 2 chopped celery sticks for 8-10 mins until soft. Add 2 crushed garlic cloves & cook for another minute. Add 1-2 tsp chilli powder, 1 tsp oregano & 1tbsp tomato puree. Give everything a good mix & cook for 1 minute. Add 1 red pepper, cut into chunks, 2x400g cans chopped tomatoes & 200ml water. Bring to the boil & simmer for 20 mins. Drain a 400g can of black beans & a 400g of kidney beans & tip in. Cook for another 10 mins & then add the sweet potato. Season to taste & serve with lime wedges, chopped coriander & ¼ plate brown rice or a 200g baked potato

WEDNESDAY**BREAKFAST****Spiced Apple Muesli**

**1 BITE PER SERVING
SERVES 2**
Mix 60g porridge oats, 30ml apple juice (not from concentrate) & 75ml water in a bowl. Cover & chill overnight. Stir in the 1 apple grated, 2 bananas, 60g low-fat yoghurt, a pinch of cinnamon, & 20g dried cranberries. Spoon into bowls, decorate with some apple slices (optional) & drizzle with honey. Serve & enjoy.

LUNCH**Vegan Pitta Pockets**

**1.5 BITES PER SERVING
SERVES 2**
Warm 2x 60g whole meal pitta pockets & split down one long side. Fill each pitta with lettuce, tomato, cucumber, red onion & 2 ready-made falafels. Sprinkle with chopped herbs & serve.

DINNER**Vegan Spaghetti Bolognese**

**0.5 BITES PER SERVING
SERVES 4**
In a pan, over medium heat, fry off 500g of Quorn mince until brown, turning occasionally for 10 mins. Once the quorn is cooked, set aside for later. Spritz the same pot with low cal spray oil & cook a finely diced onion until translucent. Add 6 diced chestnut mushrooms, 2 diced carrots & 2 chopped celery sticks & cook for 5 mins until softened, then add 4 minced garlic cloves. Add in 1tbsp of tomato paste stirring to coat the vegetables, followed by 100ml red wine. Scrape the bottom of the pot deglazing it to pick up all the delicious flavors. Cook over medium heat for 3 mins. Add 2 tins of chopped tomatoes & 230ml vegetable stock followed by 1tsp Italian seasoning, 1tsp balsamic vinegar & 1tsp vegan Worcestershire sauce. Toss in 2 bay leaves & cook for a minimum of 30 mins (the longer the tastier) then add in the mince from earlier & mix well into the sauce. Serve with ¼ plate of spaghetti & sprinkle with chopped basil.

THURSDAY**BREAKFAST****Breakfast Huevos Rancheros**

FREE FOOD SERVES 2
Spray oil in a non-stick frying pan & add one onion roughly chopped, salt & pepper, cook until soft. Add the garlic, chilli, 3 peppers sliced, tin of tomatoes & 2 tomatoes in slices & stir. Cook gently on a low heat for about 10/15 mins until the peppers become soft & tender & the tomatoes juicy. Make two wells in the mix & crack 2eggs into the pan, place a large plate or lid on the pan. Reduce heat & leave until the eggs are fully cooked through, garnish with coriander. Take the pan to the table & serve up while hot with 60g wholegrain sourdough per person.

LUNCH**Jacket Potato with Beans**

**1 BITE PER SERVING
SERVES 1**
Top a 200g baked potato with no added sugar baked beans & 30g vegan cheddar, grated. Serve with a green salad.

DINNER**Stuffed Peppers**

**0.5 BITES PER SERVING
SERVES 4**
Half 2 large red or green peppers lengthways & deseed. Spray a pan with low cal oil & cook 1 finely diced onion, 2 chopped garlic cloves & a diced green pepper until soft. Add 400g Quorn mince & cook for 5 mins stirring continuously. Add 1 tsp mustard powder, 3tbsp vegan Worcestershire sauce, 3tbsp tomato puree, 1tbsp red wine vinegar & 120ml water. Turn the heat to low & cook for another 3-4 mins. Season the mixture & fill the pepper halves. Scatter 60g vegan/vegetarian cheddar cheese evenly over the peppers & place on a baking tray in the oven 200c/180c/gas 6 until the cheese has melted & the peppers are cooked but still have a bit of crunch.

FRIDAY**BREAKFAST****Poached Egg & Avocado Smash**

FREE FOOD SERVES 1
Top 2x30g slices of wholegrain toast with ½ a smashed avocado & top each with a poached egg. Drizzle some of your favorite free hot sauce over the top to add some spice.

LUNCH**Buddha Bowl**

**1 BITE PER SERVING
SERVES 1**
Cook 60g quinoa according to the packet instructions but add vegetable stock to the water & season for flavour. Drain & rinse under cold water. Chop some dill & or coriander or any of your favourite herbs & mix through quinoa. Chop 1 tomato into wedges. Thickly slice ½ avocado, thinly slice ¼ red onion & ¼ cucumber & ¼ a few radishes. Add the quinoa in to a bowl & layer all the ingredients on top. Add a handful of garden peas. Sprinkle with 15g of sesame seeds & some pomegranate seeds. Drizzle with balsamic vinegar & cut ½ lime into wedges & squeeze over the top before serving.

DINNER**Roasted Cauliflower Tagine**

**1 BITE PER SERVING
SERVES 4**
Pre-heat the oven to 220c/200c/gas 7. Break a cauliflower into florets & toss with ½ tsp olive oil, ½ tsp ras el hanout or harissa seasoning in a baking dish, roast for 20-25 mins. Meanwhile spray a large saucepan with low cal spray oil & cook 2 thickly sliced red onions, 1 sliced carrot & 3 finely sliced garlic cloves for 5 mins. Stir in ½ tsp of ras el hanout & cook for another minute. Add 400g tin of chopped tomatoes, 400g tin of chickpeas rinsed & drained, 80g pitted green olives halved & 200ml boiling water. Reduce the heat, cover & simmer for 15-20 mins until the veg is cooked & sauce has thickened. Remove from the heat & mix in cauliflower. Serve the tagine with ¼ plate quinoa & top with 0% Greek or Soya yogurt & chopped parsley.

SATURDAY**BREAKFAST****Porridge with Apple Compote & Chia Seeds**

**1 BITE PER SERVING
SERVES 1**
Stew an apple with a little water. Add a tsp of honey & a sprinkle of cinnamon. Make up to 60g porridge with skimmed or almond milk. Stir in half the apple compote & top with the rest. Sprinkle with a tsp of chia seeds.

LUNCH**Roasted Roots Soup**

**0.5 BITES PER SERVING
SERVES 6**
Preheat the oven to 200° C/gas mark 6. Peel 300g sweet potatoes & cut into chunks. Place in a roasting tray with 2 carrots, cut into chunks, 3 tomatoes, cut in half, 2 red peppers, cut in half & 2 red onions, quartered. Spray with oil & roast for 40 mins or until cooked, stirring halfway through. Remove from the oven & allow to cool, then peel the skin from the peppers & tomatoes & discard. Chop up the roasted roots, put in a saucepan with 4cm finely chopped root ginger, ½ tsp smoked paprika, 1tsp ground cumin, 300ml low fat coconut milk & a bay leaf. Add 800ml veg stock, season & bring to the boil then reduce the heat & simmer for 20 mins. Sprinkle with a little smoked paprika & black pepper then garnish with coriander leaves before serving.

DINNER**Lentil & Butternut Squash Curry**

FREE FOOD SERVES 4
Spritz some low-cal spray oil into a large pan & sauté a chopped red onion until softened. Add in 1 tsp cumin seeds, 1 tsp mustard seeds, 1 tsp cardamom seeds & 1tbsp medium curry powder & stir well for 1 minute so they don't burn. Next, add in 100g green lentils, a peeled & cubed butternut squash, 500ml stock, & a 400g tin of chopped tomatoes. Bring to the boil & simmer for 20 mins. Once the lentils have softened & the squash is tender add a 400g tin of drained chickpeas & simmer for 10 mins. Serve with ¼ plate basmati rice, sprinkled with fresh coriander & a spoonful of natural/soya yogurt

SUNDAY**BREAKFAST****Vegan American Style Pancakes**

**1.5 BITES PER SERVING
SERVES 4**
Mix 150g self-raising flour, ½ tsp sugar & ½ tsp baking powder into a bowl with a pinch of salt. In a second bowl, add 200ml plant-based milk, ½ tsp apple cider vinegar, & ½ tsp vanilla extract, & stir to combine. Combine both mixtures & whisk until smooth. Leave batter to rest for 5 mins or until bubbles form. Spritz pan with low cal spray at medium heat, once hot add 2 table spoons of batter to make a small round pancake. Cook until the edges are set (3-4 mins) & bubbles begin to form. Flip & cook for another 3 mins. Serve with mixed berries & natural/soya yogurt

LUNCH**Satay Tofu Wrap**

**1 BITE PER SERVING
SERVES 2**
Mix 1tbsp no added sugar peanut butter with 1 tablespoon of water & 1 teaspoon of soy sauce until evenly combined; set aside. Heat a non-stick frying pan with a tsp of oil, add 100g firm tofu, cut into chunks & fry for a few mins on each side until golden. Drizzle with 2 tsp soy sauce, then turn the tofu chunks over a few times to coat. Pile some torn little gem or cos lettuce leaves & grated carrot in the middle of 2 warmed tortilla wraps, top with the tofu chunks, drizzle over the peanut sauce, then roll up & serve.

DINNER**Roasted Vegetable & Pasta Bake**

**1 BITE PER SERVING
SERVES 4**
Chop 1 red pepper, 2 courgettes, 1 leek, 1 onion, punnet of mushrooms, 2 cloves of garlic sliced & a couple of tomato vines. Toss all the ingredients on to a baking tray & season, add a tsp smoked paprika, 1tbsp dried herbs of your choice & a drizzle of balsamic vinegar. Spray with low cal oil & roast at 180c until tender. Cook 240g of pasta as per packet instructions. Add pasta once cooked to baking tray & mix well. Sprinkle over the bake 60g vegan/vegetarian mozzarella & 30g vegan parmesan cheese, place back into oven till melted and serve with a crunchy salad.

