

Everyday Fit Vegan

*Your daily guide to living your healthiest happiest life
- Not just for vegans.*

Top Tip:
**GREAT
FOR POST
WORKOUT**

39G plant
protein!



MY STORY

Hi I'm Stefanie Moir, also known as Naturally Stefanie. I am a healthy lifestyle blogger and fitness website owner. Welcome to this book! Through my online platforms I show you how to live a healthy plant based lifestyle and how to use that to reach your health and fitness goals.

I switched to a plant based diet in 2013 and have never looked back. I absolutely love being outgoing and active and LOVE the gym. With a love for exercise and my love for food; I have shared my top tips and tricks for combining the two on my blog, Youtube channel and Instagram. After the popularity of my recipes on my What I Eat in A Day Youtube videos and the demand to share more food posts across my Instagram, I set myself the challenge of creating my very own cookbook. Now I am not saying you have to go plant based over night, nor do you have to go to the gym and have a six pack to benefit from this book. My aim is to help you incorporate more plant based foods into your daily meals and help you look and feel better along the way.

One point to take from this book before you delve any further; A plant based lifestyle is not a diet. I do not advocate diets in any way shape or form, I believe in eating whole plant based foods that are good for the body and soul and leave you feeling and looking your absolute best. Oh and you best believe fruit and vegetables have never looked so good either! I believe in a BALANCED approach. As much as the basis of this book will be whole foods I love a bagel, yogurt, cake and dessert as much as the next person. So sure there are some supermarket bits in here too along with a supplement here and there.

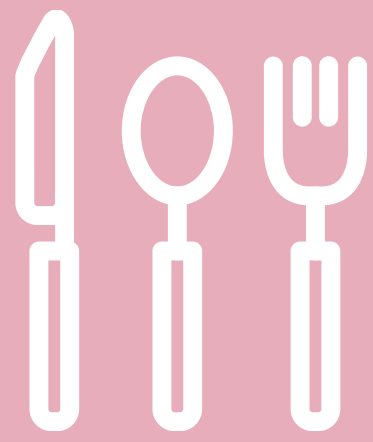


ABOUT ME:

Growing up I was part of my local swimming club for over 10 years, the place I learned to love exercise and sport. I started University in 2012 to pursue my degree in Psychology and it was around this time I moved on from swimming and started my journey in the gym. Let's be honest and say it took me a few years before I figured out what I really wanted to do here but eventually I found weight training. Ever since then I have been hooked. It was also about this time I started looking more into eating and how to compliment my new gym regime with a healthy diet and thus I found veganism. Not too long later came the birth of my blog Naturallystefanie.com and the growth of my instagram account aka: my food diary at the time. Not too long after that I started my Youtube channel to share recipes in video format but also to introduce more of myself and my lifestyle to my audience.

Over the 4 years of my degree I fell more and more in love with fitness and nutrition and once I graduated in Psychology I decided to put my heart and soul into my own business sharing my lifestyle with the world on social media. I would never have imagined to be where I am today and I am so grateful for every opportunity that has presented itself. I am now in a place where I can create this book for you to help you feel and look your best whilst finding a new love of fruit and vegetables - realising they really are exciting after all! Furthermore I want to put to bed that the plant based lifestyle is more than optimal for lean muscle building and your over all exercise performance. Trust me once people see your plant sculpted physique, they really won't need to wonder where do you get your protein!

I also run my FITNESS APP; [**NATURALLYSTEFANIE**](#) where I provide seasonal 12 week programmes to thousands of members worldwide. This app is my absolute heart and soul and has allowed me to share weekly recipe plans and workout guides to a large majority of my audience who wanted more than just the videos on my Youtube channel. They can download my guides and start their very own health and fitness journey with me today. Through these guides we have built an amazing community of like minded individuals from across the globe and helped them transform their bodies and lives!



Never let the
FEAR of **STRIKING
OUT**, keep you from
playing the game.

-BABE RUTH

MY HEALTH

& FITNESS JOURNEY;

My 10 years spent at my swimming club was not only the place I started my fitness journey but where I learned the importance of training, discipline and hard work that has reflected into all areas of my life. Moving into a gym environment, I took these qualities with me and these really are the foundation as to why I have been consistent in my training over the past 6-7 years. I know the vast majority of the population join the gym, stay for a week or two then give up. They have no goals, no direction, and are lost. Maybe the gym is not for you, but exercise is. Everyone should find what form of exercise they love whether it be in the gym, the pool or out walking in nature. I personally can never imagine a life without exercise and training and I hope you find your passion too.

I personally workout around four days per week and focus on lifting weights. I am not a body builder, nor do I plan to ever compete in any shape or form but I do love to train and push my body. Being able to lift heavier than you did last week, last month or last year is truly a feeling like no other. Building and sculpting your body to look and feel its best is so rewarding and keeps me driven to always push for more.

The myth that you can't build muscle, or run fast, or out swim your team mate on a plant based vegan diet is slowly but surely fading out. I remember when I first went vegan 11 years ago, the concern for my sporting performance and goals was at an all time high. Through my social media I have shown my workouts, my meals, how I look and feel, my shiny healthy hair, my clear skin, and you best believe people are taking notice. Yes, I do get enough protein. Fancy that.

I make sure to eat a well balanced diet, lots of fruits, vegetables, nuts, seeds, grains, legumes, soy, beans and lots of homemade desserts. Yes I am somewhat of a chocoholic. You best believe it.

Don't over complicate it, make healthy choices and stick to the easy recipes in this book that you and your whole family will love. Don't be like 2013 me trying to get all fancy following horrendously complicated Pinterest recipes for cauliflower crust pizzas . It's just not the way to do it.

10 Years v
urpoe



MY HEALTH & FITNESS JOURNEY;

In 2022 I became pregnant with my now daughter BLAKE. I truly believe my dedication and love for my active healthy lifestyle allowed me to continue following it throughout my pregnancy. Now if you think people have something to say about being vegan and building muscle just wait till we are vegan and pregnant or a combination of all three. Being vegan pregnant and continuing to lift weights really does turn eyes on social media.

I truly believe my lifestyle allowed me to continue to feel good throughout the process of growing my baby . I believe it's really helped me get back to feeling myself now nine months postpartum. Don't get me wrong we had a really rocky first three months postpartum due to some complications but all in all to be feeling the way I do now at nine months later feeling fit in the gym is a blessing.

During pregnancy I studied to become qualified and pre-and postnatal training to be able to know exactly what to do for me and my baby safely but also to create programs on my app to help other women who wanted to continue their fit lifestyle but weren't exactly sure how to adapt this over the nine months of pregnancy. If you are pregnant and have been told to continue your healthy active lifestyle by your healthcare professional don't forget to check out my app if you need more direction on your exercise regime.

Okay enough about me - let's get to the good stuff



vegan pregnancy

CHANGING THE WAY YOU THINK ABOUT PLANTS;

I know from personal experience that the hardest part about making any kind of change to your life whether it be your diet, working out, your job, your relationships; is the social aspect. Eating healthy or even using the word VEGAN is still such a foreign concept to many that you might see some concerns or backlash at first. People can often think that being vegan means you are running off to live in the wild, being against your bi-monthly trip to the hairdressers, singing to the birds and the bees and living off of lettuce. Telling someone you are going plant based or vegan might seem daunting but really it is because they don't know much about it. They think it is unhealthy when in actual fact it is the complete opposite.

Another thing you think you will struggle with is social settings and eating out. You are lucky to now live in 2024 where veganism is becoming more and more recognised and normalised. Just about all restaurants can cater to your new lifestyle and a large majority will have vegan items on their menu. Over the years I have watched many of my favourite restaurants actually bring out vegan menu's and label vegan items on their menu; Zizzi, Pizza Hut, Wagamama's, Nando's, Starbucks and many many more high street chain restaurants that you wouldn't even think about! You can even get a veggie burger from McDonalds, however this is not the healthiest choice nor the point of the book.

Planning and preparation is key. Pick out the recipes you want from this book or follow our ready made weekly meal plan at the back and make sure you have your supermarket shopping list. I always have the cupboards and fridge jam packed with healthy food (and my sneaky stash of chocolate for good measure). You will have heard this 1 million times but failing to prepare is preparing to fail my friends. If you have healthy food, you will eat healthy food. This applies to going out for the day, stash some healthy nibbles in your handbag to tide you over between meals so you don't make an unwanted trip into the chippie for a deep fried Mars bar. Yes that is a thing in Scotland but fear not, the recipes in here will be much easier on the tummy.

STAPLES;

Most of you will probably have the majority of these ingredients in your cupboards or fridge already but it helps to know what staples to keep on hand for when you want to be creative but have limited resources, or want to turn your tin of beans and half block of tofu in burgers? We can do that with a few staple ingredients.

SPICES

A well stocked spice cupboard will transform your bland evening meal into a fragrant curry

RICE

Forget boring, try whipping up pretty much any main meal and serve rice on the side

PASTA

The go to food when you have nothing else. Top with pasta sauce and voila

NOODLES

Quick and easy and makes a change from rice and pasta

TINNED BEANS

Take tinned black beans and bust out burgers or transform chickpeas into a falafel fiesta

TOFU

The easiest protein source to add sustenance to your meals

FRUITS & VEGETABLES

Your 5 a day is more important than you think

PLANT BASED MILK

From oats to smoothies, curries to stews, nut milks are where it is at

OATS

Quick, easy and probably one of the best breakfasts for you

DAIRY FREE CHOCOLATE

Because what is life without it?

STEPS SMART SWAPS;

This is a little section dedicated to some smart swaps. These foods are not to make up the basis of your diet and replace true protein sources from whole foods HOWEVER if you are someone like me who usually buys bagels, yogurts, granola etc then you might as well go for the protein boosted brands! It just adds that extra bit of protein and satiety to your meal.

These are a few brand favourites to swap out your regular bread etc with. There are loads more but this is a start!



a word on macros;

Now let's get to the part that inspired this book in the first place. There are hundreds of vegan cookbooks out there but why this one? As mentioned I live an active fitness lifestyle and that means paying a little more attention to the food you are eating to support your goals. Macros, aka macronutrients - carbs, fat and protein play important roles in making sure we eat a balanced diet. Carbohydrates are the body's main energy source and can be found in foods such as bananas for a quick energy hit or oats for a sustained energy source throughout the day. Fat is important for you to be able to absorb vitamins A, D, E, and K, the so-called fat-soluble vitamins properly. Then there is protein. The big ole macro that everybody thinks vegans are deficient in. Especially when it comes to sports and performance. Protein is important for building and repairing the body, that's why it is so important when you workout regularly.

Weight training and other sports that put strain on your muscles when you workout need to be followed up by a protein rich yet well balanced meal to ensure adequate growth and recovery. On a plant based diet the top protein sources are tofu, beans, lentils, legumes, soy products, protein powders. Fruits, vegetables, whole grains, nuts and seeds have a wide nutritional profile and pretty much every food has at least some form of protein, fat or carbohydrate content thus eating a well balanced plant based diet will ensure you reach your macros and your goals.

With my love for health and fitness, I give you this book inspired by my favourite pre and post workout meals that will support your body, no matter what your goals. The recipes in this book have a focus on protein and are designed to be "macro-friendly" i.e. fitting in with your health and fitness goals, whether that be weight loss or muscle building, speed or agility. For example, rather than just offering you up a recipe for a basic fruit smoothie, I add in protein sources to really bulk up the drink and make it an easy go to breakfast or snack that will keep you fuller and satisfied for longer. At the back of this book you will find example meal plans as to how to use the recipes for a balanced day of eating and throughout the week many of which can be prepared in advance to keep you on track!

a word on weight training;

Whatever your preferred form of exercise, good nutrition is key for overall health and wellbeing. As mentioned my health and fitness journey centres around weight lifting in the gym.

Weight lifting, also known as resistance training, is a popular form of exercise that involves using weights or resistance to build strength, muscle mass, and endurance.

When following a vegan diet, it is important to ensure that you are consuming enough protein to support muscle growth and repair. Contrary to common misconceptions, it is entirely possible to meet your protein needs on a vegan diet by incorporating a variety of plant-based protein sources such as legumes, tofu, tempeh, seitan, nuts, seeds, and whole grains.

To optimize your performance in weight lifting while following a vegan diet, consider the following tips:

1. **Prioritize protein-rich foods:** Include a variety of plant-based protein sources in your meals and snacks to ensure you are meeting your protein needs. An easy rule of thumb so you do not over think it is to aim for 30-40g of protein per meal and then fill in the rest with snacks.

2. **Incorporate carbohydrates:** Carbohydrates are essential for providing energy during workouts and aiding in muscle recovery. Opt for whole grains, fruits, and vegetables to fuel your workouts.

3. **Stay hydrated:** Proper hydration is crucial for optimal performance in weight lifting. Drink an adequate amount of water throughout the day, especially before and after your workouts.

4. **Consider supplementation:** While it is possible to meet your nutrient needs through a well-planned vegan diet, some individuals may benefit from supplementing with vitamin B12, vitamin D, omega-3 fatty acids, or creatine to support their athletic performance.

how to actually change your body shape.

Whether you want to lose body fat or build muscle or do a bit of both long term; the process is quite simple. Simple in that it is straight forward black and white information but not simple in that it takes time and effort and dedication to get there.

Fat loss formula

Fat loss is a process that involves burning more calories than consumed, leading to a reduction in body fat. This can be achieved through a combination of regular exercise, such as cardio and strength training, and a balanced diet that includes whole foods and limits processed and high-calorie items. Additionally, staying hydrated, getting enough sleep, and managing stress levels can also support fat loss efforts.

Muscle building formula

Muscle gain is achieved through progressive weight training and proper nutrition. Now you do not need to go on a hulk bulk to get there but making sure you are eating enough will allow you to build that lean muscle to shape and sculpt your body. I would recommend working out your maintenance calories; the amount of calories you need to maintain your body weight and then add a small surplus. Consistency in training, progressive overload, and proper form are key factors in building muscle effectively and safely. What is progressive overload?

Progressive overload is simply an increase in load in training over time to increase demand on muscles and thus allows for them to grow. Whether you increase the weights, sets or reps in your next workout; all are considered a form of progressive overload.

Body recomp formula

Can i do both? You sure can; aim for calorie maintenance and focus on proper training 3-5 days per week with progressive overload and you can completely change the shape of your body over time.

a word on the benefits of creatine & protein;

My two favourite supplements I personally take every morning in my protein coffee (recipe in this book yippee) are creatine and protein. Long story short; Creatine and protein powder are commonly recommended supplements due to their potential benefits in enhancing muscle growth, strength, and overall athletic performance.



Research studies have consistently shown that creatine supplementation can benefit individuals engaged in resistance training by increasing muscle mass, strength, and exercise performance. , Creatine has also been found to aid in muscle recovery, reduce muscle fatigue, and enhance overall training changes over time. It is considered one of the most well-researched and effective supplements for improving athletic performance, particularly in activities that require short bursts of high-intensity effort like weight lifting.

Protein powder, like I said, is a **convenient** and efficient way to increase protein intake, which is essential for muscle growth, repair, and recovery. While it is possible to meet protein goals through whole food sources on a vegan diet, protein powder offers a convenient and easily digestible option if you are looking to supplement your protein intake

STEPS SUGGESTED SUPPLEMENTS;

NOW; it is entirely possible to follow a plant based diet and hit your fitness goals without any supplementation, HOWEVER, I personally find a few products super helpful in making my life that little bit more convenient. Thus I have included them here incase you want to try some for yourself.

The basis of this book is whole food recipes but we do use protein powder in some (especially our sweet breakfasts) to pimp out your morning meal. You absolutely do NOT need to go and buy these products but I wanted to include them incase you were looking to add them into your routine.

I have worked with My Protein for over 5 years now and have tried and tested every other vegan protein on the market; I can say with full honesty that theirs is the best by far.

If you do choose to shop MyProtein you can use code; **STEFUK** at checkout for an extra discount!



coffee faves



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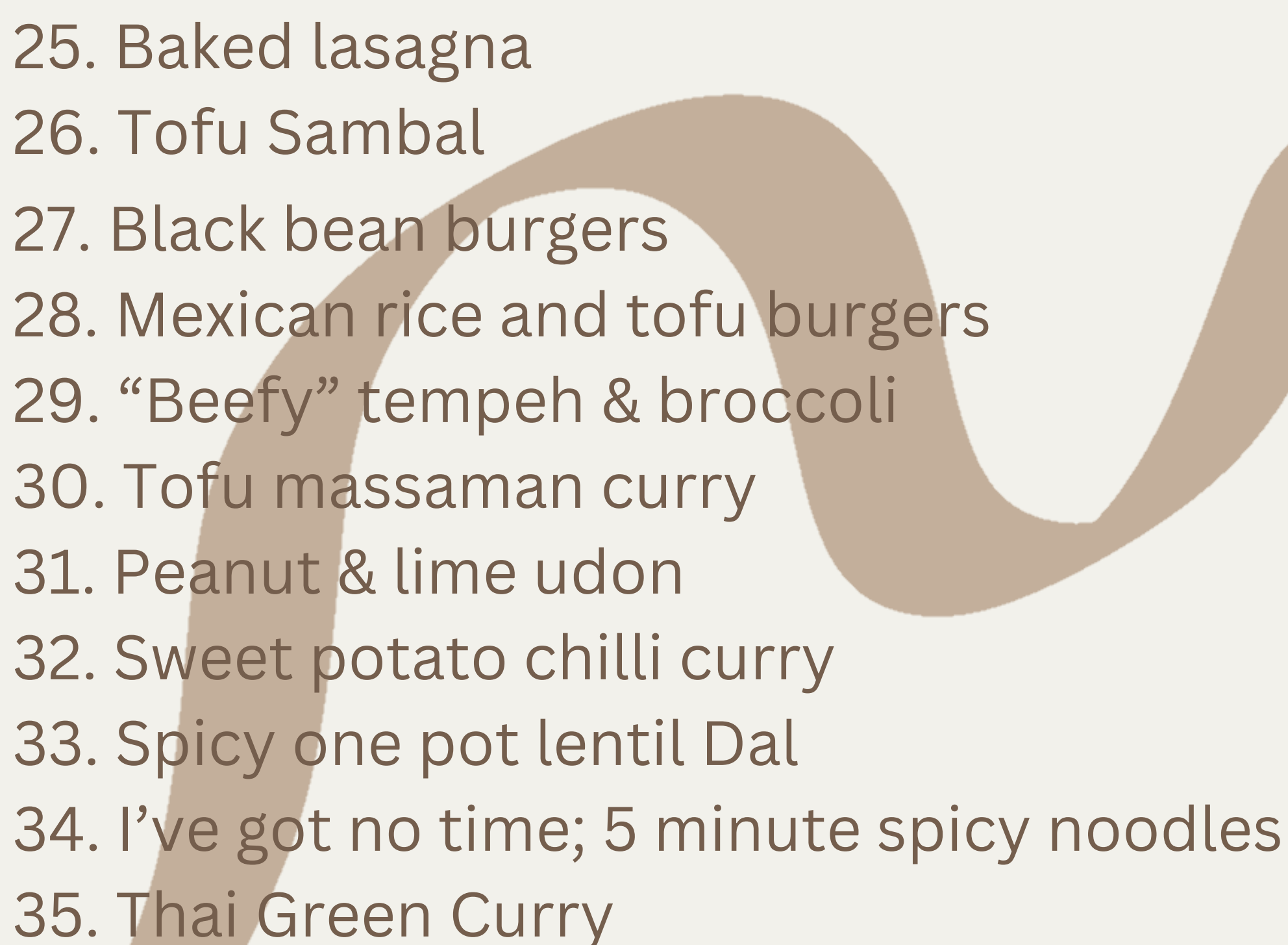
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SAMPLE MEAL PLANS

- 1700 calorie fat loss meal plan
- 2000 calorie body recomp meal plan
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HABIT TRACKER

Your daily, weekly and monthly tools to set goals, plan your routine and actually stick to it.



Brunch

[br(eakfast) + (l)unch]

The most important meal of the day
So it has to be utterly delicious.

Chocolate lovers smoothie



469 kcal | 80g carbs | 13g fat | 37g protein

When you think smoothies I bet you think of a fruity or green blend that just screams health. I must admit I love a good fruit smoothie but sometimes you need something chocolate instead. This post workout chocolate banana shake covers all the bases; 1 of your 5 a day plus sorts out those PMS cravings. Oh and is packed with protein.

Ingredients

- 1 cup almond or oat milk
- 35g chocolate protein powder
- 2 banana (preferably frozen)
- 1 tbsp almond or peanut butter

1. Add all of the ingredients to a blender and mix until smooth

Glow girl smoothie 2.0



426 kcal | 75g carbs | 9g fat | 37g protein

Your hair, skin and nails will thank you for this one.

Ingredients

- 1 cup coconut milk
- 35g vanilla protein powder
- 1 banana (preferably frozen)
- 1 cup frozen blueberries
- 1 tbsp chia seeds

- optional add in vegan collagen powder

1. Add all of the ingredients to a blender and mix until smooth



**hair,
skin &
nails**



Oatmeal cookie protein shake



599 kcal | 103g carbs | 18g fat | 39g protein

If you like cookies and you like smoothies, then this half and half will rock your socks off.

Ingredients

- 1 cup almond or oat milk
- 35g vanilla protein powder
- 1 banana (preferably frozen)
- 2 large pitted dates
- 1 tbsp almond or peanut butter
- 1 tbsp cacao nibs
- 1/4 cup oats

1. Add all of the ingredients to a blender and mix until smooth

No protein powder protein shake



533 kcal | 77g carbs | 19g fat | 18g protein

The green smoothie that actually tastes good and is packed with natural plant protein.

Ingredients

- 1 cup soy milk
- 2 banana (preferably frozen)
- 1 cup frozen mango
- 1 cup spinach
- 1 tbsp hemp seeds
- 1 tbsp almond butter

1. Add all of the ingredients to a blender and mix until smooth

**but first,
coffee**



Stefs signature protein coffee



188 kcal | 31g carbs | 3g fat | 36g protein

Believe it or not I went about 26 years of my life never drinking coffee. Then I had an iced vanilla latte; say less. SAY LESS. Instead of spending money on takeaway coffee I decided to make a more gym goal friendly one at home and pack it with the good stuff. The good stuff being creatine and protein. Hashtag gains.

Ingredients

- 1 cup choice of milk
- 1 shot espresso
- Vanilla drops (my protein flavoured drops rather than coffee syrups but this is optional)
- 35g vanilla protein powder
- 1 scoop creatine

1. Add all of the ingredients to a blender and mix until smooth
2. Pour over LOTS OF ICE.



Creamsicle smoothie



426 kcal | 80g carbs | 6g fat | 41g protein

Think summer ice lolly but in a drink!

Ingredients

- 1 cup soy milk
- 1 cup orange juice
- 1 cup frozen mango
- 35g scoop vanilla protein

1. Add all of the ingredients to a blender and mix until smooth

Immunity juice



Vitamin C powerhouse coming right up.

Ingredients

- 2 carrots
- 2 apples
- 1 thumb ginger
- 1 lemon
- 1 orange

1. Run all of the ingredients through a juicer and serve over ice



Pre workout juice



Research has shown that beetroot juice *can* have potential benefits for exercise performance. Beetroot juice is high in nitrates, which can help improve blood flow and oxygen delivery to muscles during exercise. This can lead to enhanced endurance, reduced fatigue, and improved overall performance; if you needed a reason to drink your veg this might just be it.

Ingredients

- 1 beetroot
- 1 apple
- 1 carrot
- 1 thumb ginger
- 1/2 Lemon
- 1 cup coconut water

1. Run all of the ingredients through a juicer, mix with the coconut water and serve over ice

Daily greens



Forget greens powders, make this juice instead.

Ingredients

- 1 apple
- 1/4 pineapple
- 1 thumb ginger
- 1/2 Lemon
- 1 cucumber

1. Run all of the ingredients through a juicer and serve over ice

Banana pancakes

Top Tip:
**GREAT
FOR POST
WORKOUT**

WITH CHOCOLATE SAUCE

550 kcal | 106g carbs | 7g fat | 39g protein

Pancakes are a Sunday must. If you are trying to hit your protein goal and get shredded, don't worry pancakes are still on the menu!

Ingredients

- 65g oats
- 35g protein powder
- 1 banana
- 1 tbsp baking powder
- 120ml almond milk
- 1 tbsp maple syrup for topping

1. Add all of the ingredients to a blender and mix until smooth
2. Pour into a pre heated pan and cook either side until golden (you will know when to flip when the batter has small holes bubbling and the edges are firming)
3. Stack and add your favourite toppings



Top Tip:
**BATCH
COOK FOR
MEAL
PREP**



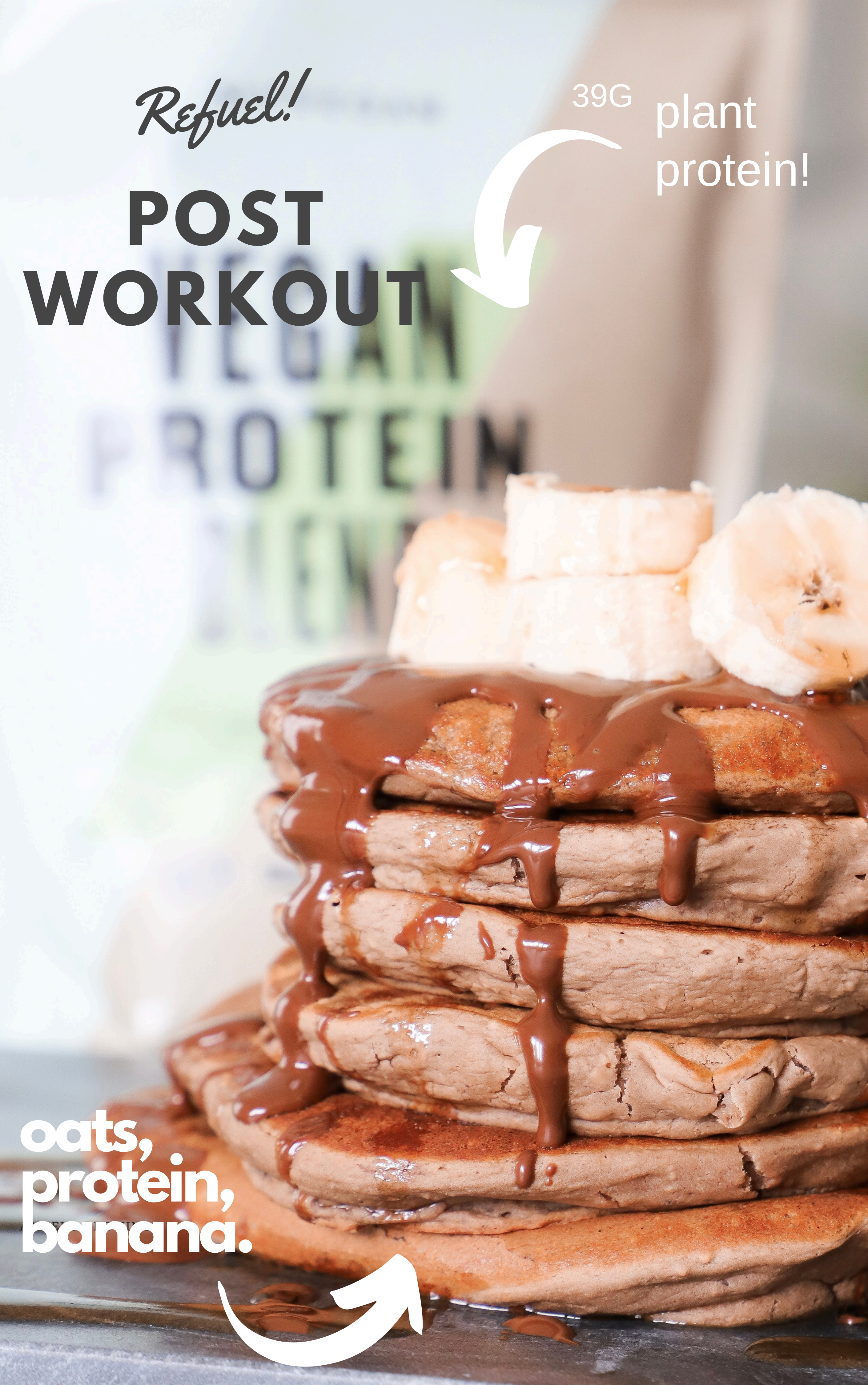
Refuel!

39G

plant
protein!

POST WORKOUT

oats,
protein,
banana.



Chocolate chip pancakes



550 kcal | 106g carbs | 7g fat | 39g protein
(not including your own brand chocolate chips)

Pancakes are a Sunday must. If you are trying to hit your protein goal and get shredded, don't worry pancakes are still on the menu!

Ingredients

- 65g oats
- 35g protein powder
- 1 banana
- 1 tbsp baking powder
- 120ml almond milk
- 2 tbsp chocolate chips
- 1 tbsp maple syrup for topping

1. Add all of the ingredients to a blender and mix until smooth and stir in chocolate chips to the batter
2. Pour into a pre heated pan and cook either side until golden (you will know when to flip when the batter has small holes bubbling and the edges are firming)
3. Stack and add your favourite toppings

Blueberry lemon pancakes



570 kcal | 111g carbs | 7g fat | 40g protein

Pancakes are a Sunday must. If you are trying to hit your protein goal and get shredded, don't worry pancakes are still on the menu!

Ingredients

- 65g oats
- 35g protein powder
- 1 banana
- 1 tbsp baking powder
- 120ml almond milk
- Juice of 1/2 lemon
- Lemon zest to taste
- 1/2 cup blueberries
- 1 tbsp maple syrup for topping

1. Add all of the ingredients to a blender and mix until smooth and stir in blueberries to the batter
2. Pour into a pre heated pan and cook either side until golden (you will know when to flip when the batter has small holes bubbling and the edges are firming)
3. Stack and add your favourite toppings

Refuel!

POST WORKOUT



**oats,
banana
blueberries
40g protein.**

Vegan french toast

523 kcal | 91g carbs | 10g fat | 15g protein

Believe it or not you can make french toast without the eggs. and yes it can taste good.

Ingredients

- 4 slices of bread
- 230ml milk of choice
- 1 tbsp maple syrup
- 1 tbsp chia seeds
- 1 tsp vanilla
- 1/4 tsp nutmeg and ginger
- 1 tbsp maple syrup for topping
- 4 strawberries chopped for topping
- 2 tbsp soya cream

1. In a bowl, whisk together the milk, syrup, chia seeds, vanilla and spices and let sit for 5 minutes
2. Pre heat a non stick pan over medium heat and grease lightly
3. Dip the bread into the chia mixture and transfer to the pan, cooking evenly either side
4. Stack and add your favourite toppings (i opted for soya cream, strawberries and maple syrup!)

Refuel!

POST WORKOUT



Chocolate chip waffles



655 kcal | 107g carbs | 17g fat | 38g protein

And in the morning; I'm making waffles.

Well actually you are now you have this banging recipe.

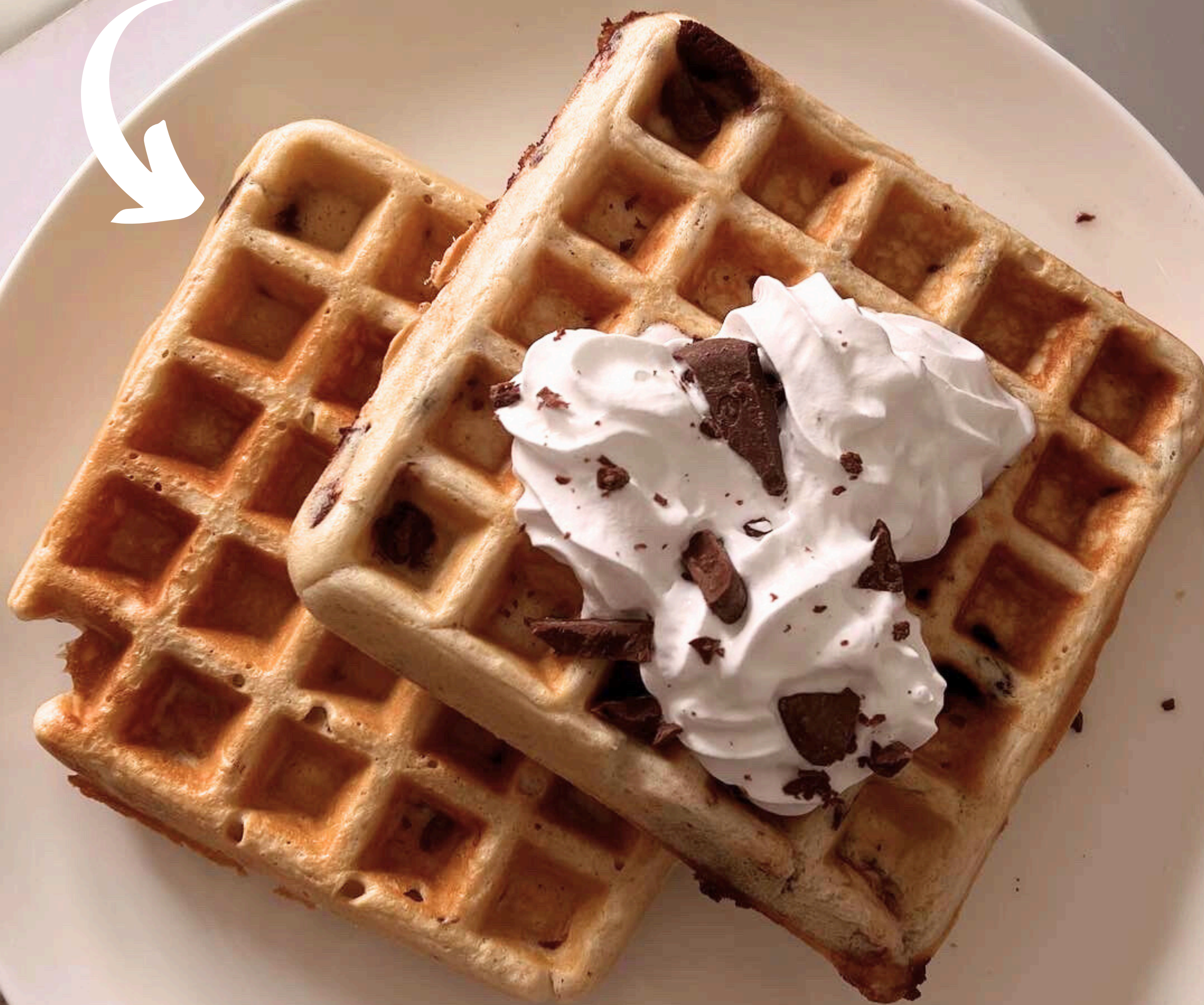
Ingredients

- 70g oats
- 30g vanilla protein powder
- 120ml almond milk
- 2 tbsp chocolate chips
- 1 tsp baking powder
- 1 tsp vanilla
- 1 banana

1. Add all of the ingredients to a blender except from the chocolate chips
2. Once the batter is smooth, stir in the chocolate
3. In the mean time turn on the waffle maker to heat
4. Once the waffle maker is ready, pour in the mixture and cook for around 5 minutes or per machine instructions

Refuel!

**POST
WORKOUT**



Blueberry waffles



516 kcal | 96g carbs | 7g fat | 36g protein

And in the morning; I'm making waffles.

Well actually you are now you have this banging recipe.

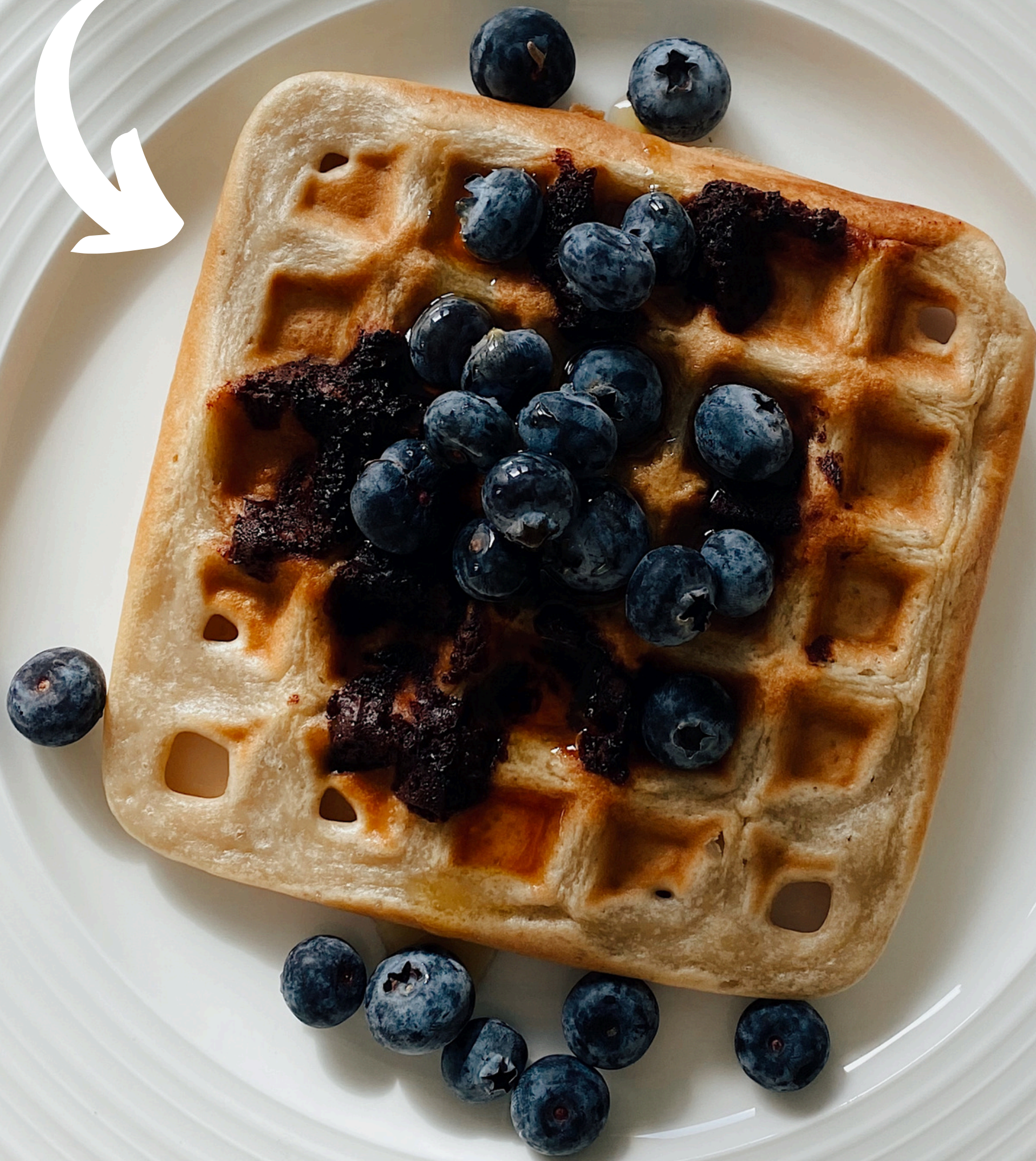
Ingredients

- 70g oats
- 30g vanilla protein powder
- 120ml almond milk
- 2 tbsp blueberries
- 1 tsp baking powder
- 1 tsp vanilla
- 1 banana

1. Add all of the ingredients to a blender except from the chocolate chips
2. Once the batter is smooth, stir in the chocolate
3. In the mean time turn on the waffle maker to heat
4. Once the waffle maker is ready, pour in the mixture and cook for around 5 minutes or per machine instructions

Refuel!

POST WORKOUT



Overnight oats 3 ways



Top Tip:

**GREAT
FOR MEAL
PREP**

516 kcal | 96g carbs | 7g fat | 36g protein
macros before mixing in different flavours

Overnight oats are a quick and easy meal prep you can make for the next few days! Start with the base mixture and add in any toppings or mix throughs such as those listed below!

Base mix ingredients

- 1/2 cup oats
- 1/2 cup vegan yogurt
- 1 cup almond milk
- 1 tbsp chia seeds

1. Add all of the ingredients to jar and combine well. Refrigerate for a few hours or overnight. See below for a few of my favourite flavour combinations!

PB & J overnight oats

- add 1 tbsp peanut butter to the mixture before refrigerating
- In the morning top with a dollop of your favourite jam and a handful of raspberries

Apple pie overnight oats

- 1/2 apple grated and 1 tsp cinnamon added into the mixture before refrigerating
- 1/2 apple chopped and added on top in the morning with a big dollop of almond butter

Chocolate & raspberry overnight oats

- add 1/2 tbsp raw cacao & 1 tbsp chocolate chips to the mixture before refrigerating
- In the morning top with fresh raspberries

fuel!
AEG

PRE

WORKOUT



Breakfast bagel



587 kcal | 41g carbs | 33g fat | 32g protein

For all you savoury breakfast folk; we have recipes for you too.

Ingredients

- 1 x warbutons protein bagel thins
- 100g tempeh
- 1/2 avocado
- 1 hash browns
- 1 tbsp vegan butter

1. Cook the hash brown according to package instructions
2. Thinly slice the tempeh into thin rashers
3. Lightly toast the bagel
4. Meanwhile in a preheated pan add the tempeh and cook either side until crispy
5. Lightly butter the bagel, smash avocado ontop, layer cooked tempeh and top with a crispy hash brown

THE best scrambled tofu



635 kcal | 44g carbs | 36g fat | 35g protein

For all you savoury breakfast folk; we have recipes for you too.

Ingredients

- 2 x slices of toast
- 200g tofu
- 1 tsp each garlic powder, onion powder, turmeric, salt & pepper,
- 1/2 avocado
- 1 tbsp vegan butter

1. In a pre heated pan scramble the tofu and cook evenly by stirring continuously
2. Stir in the spices and coat evenly
3. Toast the bread and lightly butter
4. Smash on the avocado and then top with the scrambled tofu
5. Season with optional salt, pepper, hot sauce or balsamic glaze

Mushroom lentil toast



631 kcal | 88g carbs | 15g fat | 29g protein

For all you savoury breakfast folk; we have recipes for you too.

Ingredients

- 2 x slices of toast
- 2 Teaspoons Soy Sauce
- 1/2 onion
- 3 Cloves Garlic
- 1 cup mushrooms
- 1 tin green lentils in water
- 2 tbsp hummus

1. Pre heat the pan and sauté the onion until soft; using the soy sauce as the cooking liquid.
2. Add the garlic and stir 30 seconds.
3. Add the mushrooms and cook 5-7 minutes, until soft.
4. Stir in the lentils to heat
5. Meanwhile, toast the bread.
6. Spread a layer of hummus on the toast, add the mushroom mixture, and top with microgreens. Enjoy immediately!



Main Meals

The main event

The big eat

Naturally nutritious and delicious.

THE PERFECT POST WORKOUT.

Sofrita bowl



652 kcal | 76g carbs | 25g fat | 33g protein

I remember my first trip to Chipotle, it was a rather magical experience. If I could eat their burritos with that sofrita tofu every day you best believe I would!

Ingredients

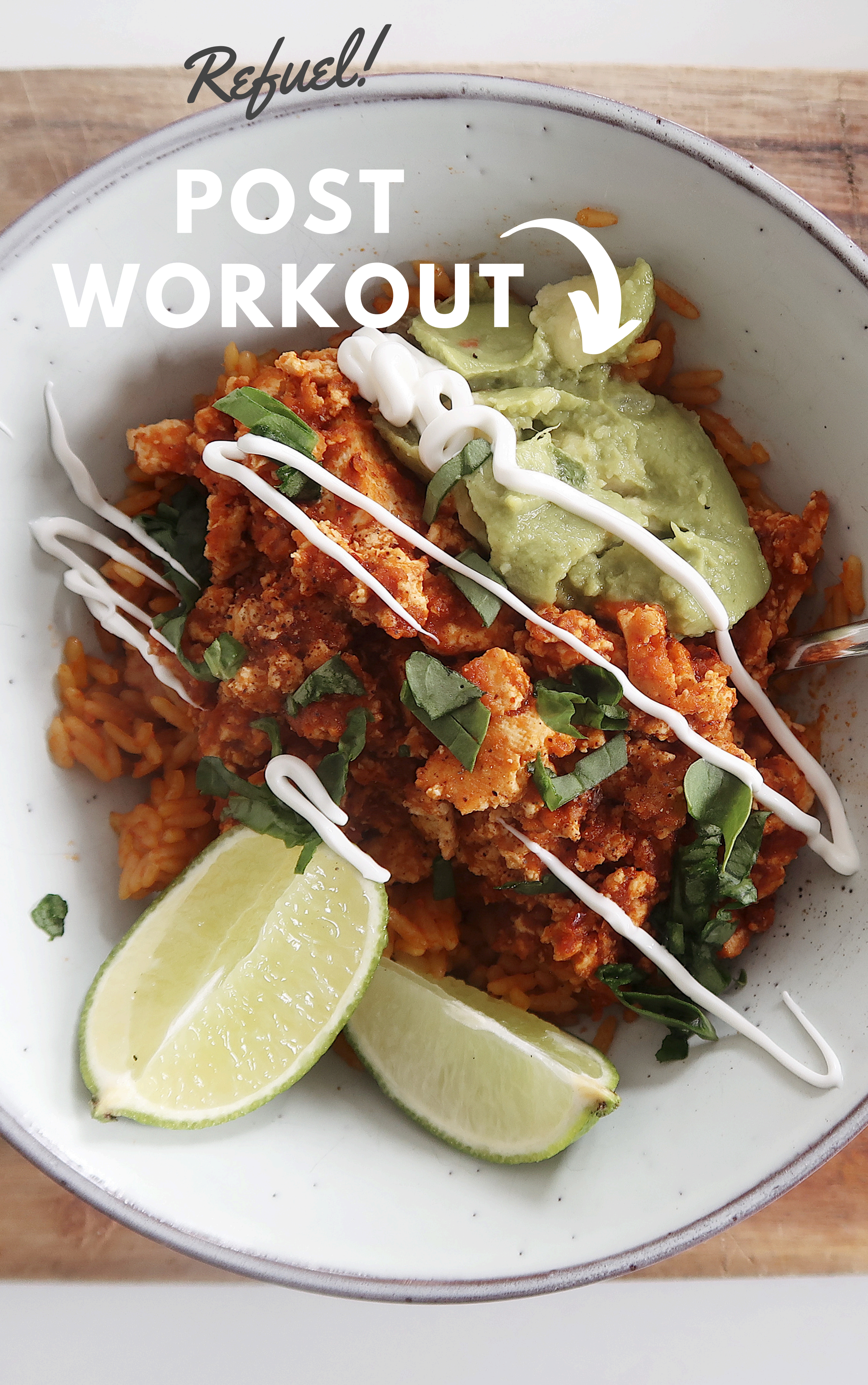
- 200g tofu , crumbled
- 1 tbsp chipotle paste
- 2 garlic cloves
- 2 tsp maple syrup
- 1 cup salsa
- 1/2 avocado
- 1/4 red onion
- 125g long grain rice OR spicy mexican rice
- Handful jalapenos to taste
- Bunch coriander to taste
- 1/2 lime



1. In a blender blitz together chipotle paste, garlic, maple syrup and salsa to make the sofrita sauce
2. Mean while crumble the tofu and add to a preheated pan with some oil spray
3. Add the tofu and cook for a few minutes or until starting to brown
4. Add the sofrita sauce and simmer for 5-10 minutes
5. Meanwhile mash the avocado with some jalapeño, red onion and lime juice
6. Cook the rice according to package instructions
7. Assemble the bowl first layering rice, top with sofrita tofu, avocado mix and extra lime & jalapenos
8. Garnish with coriander

Refuel!

**POST
WORKOUT**



Deconstructed burrito bowl

Top Tip:
**GREAT
FOR POST
WORKOUT**

702 kcal | 115g carbs | 14g fat | 34g protein

I remember my first trip to Chipotle, it was a rather magical experience. If I could eat their burritos every day you best believe I would! So try this bowl if you need to satisfy a burrito craving.

Ingredients

- 100g vegan mince
- 1/2 can black beans drained
- 1/2 red onion chopped
- 1 red pepper sliced
- 1 green pepper sliced
- 1 tbsp chilli paste
- 2 garlic cloves
- 1 cup salsa
- 1/2 avocado
- 1/4 red onion
- 125g long grain rice OR spicy mexican rice
- Handful jalapenos to taste
- Bunch coriander to taste
- 1/2 lime



Top Tip:

**EASY
MEAL
PREP**

1. In a blender blitz together chipotle paste, garlic, maple syrup and salsa to make the sofrita sauce
2. Mean while crumble the tofu and add to a preheated pan with some oil spray
3. Add the tofu and cook for a few minutes or until starting to brown
4. Add the sofrita sauce and simmer for 5-10 minutes
5. Meanwhile mash the avocado with some jalapeño, red onion and lime juice
6. Cook the rice according to package instructions
7. Assemble the bowl first layering rice, top with sofrita tofu, avocado mix and extra lime & jalapenos
8. Garnish with coriander

10 minutes tacos



617 kcal | 106g carbs | 16g fat | 17g protein

Tacos are so under rated, you can pack so much goodness into those crispy little shells and be in Mexican food heaven

Ingredients

- 100g tofu , cubed
- 2 tbsp bbq sauce
- 1 cup salsa
- 1/2 tin sweet corn
- 1/4 red onion
- 1/2 tin black beans
- Handful jalapenos to taste
- Bunch coriander to taste
- 1/2 lime
- Sriracha mayo
- 4 taco shells

1. In a pre heated add the tofu chunks and cook either side until golden
2. Add bbq sauce and cook for 1-2 minutes to crisp the tofu
3. Meanwhile in a bowl mix salsa, corn, black beans, onion season with lime
4. Warm taco shells according to package instructions
5. Assemble the tacos first layering beans & corn with tofu, extra lime & jalapenos
6. Garnish with coriander & mayo



lets
taco
'bout
it

The bodybuilders bowl



547 kcal | 79g carbs | 11g fat | 31g protein

You've heard of chicken rice and veg right? Well this is your vegan version. But better.

Ingredients

- 1 serving vegan chicken replacement (or tofu)
- 125g long grain rice
- 2 garlic cloves
- 1 tsp chilli paste
- 2 tbsp teriyaki sauce
- Unlimited green beans or broccoli
- Drizzle olive oil
- Optional sesame seeds

1. Cook the chicken replacement according to package instructions
2. Cook rice according to package instructions
3. In a pre heated pan toss the green beans with a drizzle of olive oil until tender
4. Mix together the garlic, chilli & teriyaki sauce to coat chicken or tofu
5. Assemble the plate with rice, green beans and add the "chicken"
6. Drizzle over the teriyaki sauce mix

body builders bowl



Cajun tofu & coriander rice



536 kcal | 47g carbs | 20g fat | 30g protein

We are continuing with the body builder style meals here; but trust me you will love this.

Ingredients

- 200g tofu , cubed
- 125g long grain rice
- Cajun mix; 2 tsp paprika , $\frac{1}{4}$ tsp cayenne, $\frac{1}{2}$ tsp freshly ground black pepper, $\frac{1}{2}$ tsp red pepper flakes, $\frac{1}{2}$ tsp dried thyme, 1 tsp dried oregano, 1 tsp garlic powder, $\frac{1}{4}$ tsp onion powder, $\frac{1}{3}$ tsp salt.
- Juice of 1 lime
- Chopped coriander
- 1 tsp olive oil
- Salad mix of lettuce, onion, cucumber (or whatever you have in the fridge!)

1. In a bowl combine spices to make the cajun blend, add in 1 tsp oil to form the rub
2. Cut tofu into thin fillet style slices and coat in the cajun blend
3. Allow tofu to marinate for minimum 20 minutes; preferably make ahead and store in the fridge for 1 hour
4. Cook rice according to package instructions
5. Once the rice is cooked stir in chopped coriander and dress with lime
6. Cook the tofu in a pre heated pan on either side until golden and crispy and serve over the coriander rice
7. Serve with salad

Baked lasagna



425 kcal | 50g carbs | 19g fat | 14g protein

If you think you can't eat your favourite comfort food AND hit your goals, you are very much mistaken! Try this meal prep style baked tofu lasagna which is packed with protein and is warming and deliciousssssss

Ingredients (serves 5)

- 1 x 400g block tofu
- 1 cup spinach
- 1 cup broccoli
- 1 white onion, chopped
- 3 tbsp nutritional yeast
- 1 tsp salt and pepper or to taste
- 2 tbsp olive oil
- 2 tbsp flour
- 1 cup unsweetened almond milk
- 1 cup vegan cheese
- 1 box oven-ready lasagna noodles
- ½ cup non-dairy cheese

1. In a food processor or blender, combine tofu, spinach, onion, nutritional yeast and seasoning to make the filling
2. Add olive oil in a pan on medium low heat and add in flour; whisk to form a thick paste
3. Cook for 2-3 minutes until it's slightly brown.
4. Reduce the heat to low, and add in the almond milk.
5. Whisk continuously until it reaches a smooth consistency.
6. Add the vegan cheese and seasoning (salt and pepper).
7. Stir until the cheese melts and the sauce becomes creamy.
8. Spray a large rectangle pan (9x13")
9. Layer the filling, then a lasagna sheet, then sauce. Repeat.
10. Add a layer of cheese to the top
11. Cover with aluminum foil
12. Preheat oven to 425° F / 218° C
13. Bake for 40 minutes covered and then let sit for 20 minutes when removed



**comfort
food 101**

Tofu sambal



646 kcal | 49g carbs | 37g fat | 30g protein

This sambal noodle bowl is honestly my favourite dinner in this book. Oh and Adam's too! This recipe makes 2 servings for you and your bae; or acts as tomorrow's lunch!

Ingredients

- 220g tofu , cubed
- 220g udon noodles
- Juice of 1 lime
- 80g green beans
- 50g thai red curry paste
- 200ml coconut milk
- 1 pack pak choi
- 15g ginger puree
- 15g sambal paste
- 1 vegan stock cube with 300ml water

1. Chop the pan choi and green beans and add to a preheated pan with a drizzle olive oil
2. Cut the tofu into small cubes and add to the veggies; stir occasionally to cook on all sides
3. Add the thai paste, sambal paste and ginger puree and coat evenly
4. Add coconut milk and 300ml of water with the stock cube and simmer
5. Meanwhile cook the udon noodles according to package instructions before adding in to the tofu veg curry
6. Season with lime juice, salt and pepper and serve

Black bean burgers



Top Tip:

**EASY
MEAL
PREP**

146kcal | 29g carbs | 1g fat | 6g protein

Prep yourself 4 burger patties with this quick and easy recipe and enjoy them whichever way you please! In a bun or in a bowl, the choice is yours.

Ingredients

- 1/2 tin green lentils in water
- 1/2 tin black beans in water
- 1/2 pepper
- 1/2 onion
- 1/3 cup flour
- 1 tbsp paprika, cumin, coriander
- 1 tbsp sriracha hot sauce
- Jalapenos to taste
- 3 garlic cloves
- 2 tbsp bbq sauce
- Burger bun
- 2 tbsp tomato relish
- Lettuce

1. In a pan drizzle olive oil and cook onion, pepper and garlic until softened
2. Add to a food processor or blender along side lentils, beans, flour, spices, jalapenos and sauces
3. Form 4 patties and add to a pre heated oven at 180 degrees
4. Cook for 20 minutes; turning half way
5. Add to a burger bun with lettuce and relish
6. Macros are for one burger patty without the bun etc



green lentils
black beans
spices

Tofu mexican burgers



Top Tip:

**EASY
MEAL
PREP**

347kcal | 45g carbs | 10g fat | 18g protein

Prep yourself 4 burger patties with this quick and easy recipe and enjoy them whichever way you please! In a bun or in a bowl, the choice is yours.

Ingredients

- 1/2 block tofu
- 1/4 pepper
- 1/4 onion
- 1/3 cup flour
- 1 tbsp mexican seasoning or paprika
- 1 tbsp sriracha hot sauce
- Jalapenos to taste
- 125 cooked quinoa or rice

1. Mix into patties and cook for 8 minutes each side at 180 degrees
2. Add to burger buns with lettuce, avo & salsa



tofu

mexican

burgers



Beefy temppeh & broccoli



Top Tip:

**EASY
MEAL
PREP**

630kcal | 85g carbs | 15g fat | 38g protein

This somehow tastes like a homemade takeaway to me and I am not sure how but it is just so damn good.

ingredients;

- ½ cup vegan stock or broth
- 2 tsp cornstarch
- ¼ cup soy sauce
- 3 tbsp hoisin sauce
- 2 tbsp rice wine vinegar
- 1 tbsp sriracha (optional)
- 100g tempeh, sliced into strips
- 1/2 cup green onion chopped
- 2 cups broccoli
- 1 tbsp minced fresh ginger
- 2 cloves garlic, minced
- 125g wholegrain rice

1. In a bowl mix stock and cornstarch until dissolved. Add soy sauce, hoisin, rice wine vinegar, and sriracha. Set aside.
2. In a pre heated pan add some oil spray and add tempeh; cooking either side until quite BBQ'd
3. Once cooked move to the side and in the same pan add broccoli and onion and cook for a few minutes before adding ginger and garlic
4. Mix the pan ingredients together until well combined and then add in the sauce mix, coating evenly
5. Serve with cooked whole grain rice

Tofu massaman curry



Top Tip:

**EASY
MEAL
PREP**

706kcal | 93g carbs | 29g fat | 24g protein

If you are a fan of Thai food then this dinner is going to be right up your street!

ingredients;

- 100ml coconut milk cartoned
- 2 tbsp massaman curry paste
- 1.5 tbsp brown sugar
- 2 tbsp soy sauce
- 1/2 onion
- 100g baby potatoes cubed
- 200g tofu cubed
- 125g basmati rice
- 1 lime wedge
- 1 tbsp chopped peanuts

1. In a pre heated pan add the chopped onion with a splash of water or stock and cook until softened
2. In a blender mix together coconut milk, paste, sugar, soy sauce, and cooked onion until smooth
3. In the same pan as used for the onion add the tofu and cook either side until golden
4. Meanwhile boil or steam potatoes until cooked thoroughly
5. Add the potatoes to the tofu and pour in the sauce! Allow to simmer for 5 minutes before serving over rice
6. Top with lime and peanuts

Peanut & lime udon



Top Tip:

**EASY
MEAL
PREP**

671kcal | 66g carbs | 26g fat | 30g protein

UDON is such a quick and easy meal to make, this one will literally take you about 20 minutes and is bursting with flavour from the lime and peanut butter

ingredients;

- 1 carrot chopped
- 1 unit pak choi
- 100g babycorn
- 1 pepper sliced
- 1/2 onion
- 100g tofu cubed
- 1 tbsp peanut butter (can sub for powdered peanut butter if wanting a lower calorie option)
- 1 tbsp soy sauce
- 1/2 tbsp ginger puree
- 1 lime juiced
- 1 tbsp chopped peanuts
- 100g udon noodles

1. In a bowl mix lime zest and juice, soy sauce, peanut butter, ginger puree to make the sauce
2. In a pre heated pan add all of the veggies and cook until softened
3. Remove and add tofu cubes making sure to cook all sides until golden
4. Add the veggies back in, add in udon and sauce mix and cook until udon are soften ; around 5 minutes
5. Top with lime and peanuts

Sweet potato & peanut curry



Top Tip:

**EASY
MEAL
PREP**

767kcal | 90g carbs | 33g fat | 29g protein

I hope by now you have realised that just because you have a fitness goal does not mean you have to give up good food; we love a curry round here!

ingredients;

- 1 sweet potato chopped into cubes
- 125g brown rice
- 1 head pak choi or spinach
- 1 chilli
- 1 bell pepper
- Bunch chopped fresh coriander
- 2 tbsp peanuts
- 25g thai red curry paste
- 8g ginger puree
- 100ml coconut milk (cartoned not can)
- 1 vegan stock cube
- 100g tofu cubed
- Lime wedge

1. Cut the potato into cubes and either add to an oven tray to bake or an air fryer for 20-30 minutes until softened (season with salt and pepper prior to cooking)
2. Meanwhile cook the rice according to package instructions (I used microwave rice)
3. In a pre heated pan add the tofu with some oil spray and cook all sides until golden; remove from the pan
4. In the same pan add a splash of water and cook the chilli, pepper, pak choi until softened
5. Add the tofu back in and then 1 tbsp peanuts, thai paste, ginger, stock and coconut milk and combine
6. Allow to simmer and cook for 5-10 minutes adding in the sweet potato once cooked
7. Serve over rice, top with lime juice and the other 1 tbsp of peanuts



1 pot lentil dal



Top Tip:

**EASY
MEAL
PREP**

310kcal | 55g carbs | 2g fat | 20g protein

Lentils and legumes sounds sooooo boring unless you know what to do with them. If you are a fan of fragranced food then this is for you.

ingredients;

- 1 cup red split lentils
- 1 tin white beans
- 1 white onion chopped
- 1 large carrot chopped
- 4 garlic cloves
- 1 inch fresh ginger or 1 tbsp ginger puree
- 1 red chilli chopped
- 2 tsp ground cumin
- 2 tsp curry powder
- 1 tsp ground turmeric
- 1 tsp ground coriander
- 750ml vegan stock
- 1 cup cartoned coconut milk

1. In a pre heated pan add a splash of water and add chopped onion and carrot and cook until softened
2. Add in the garlic and spices and simmer for 3 minutes
3. Rinse the lentils and beans well and add to the pan along with the stock and coconut milk and allow to cook on low for 20-30 minutes or until lentils have fully cooked through
4. This recipe serves 4



15 minute noodles



Top Tip:

**EASY
MEAL
PREP**

595kcal | 82g carbs | 19g fat | 24g protein

If you are in a rush and need something filling, high protein and so satisfying then try this quick and easy noodle bowl. Made using protein noodles, veggies and a quick sauce this dinner will be one of your new go to's.

ingredients;

- 150g protein noodles (I use Tesco stir fry protein noodles)
- 2 cups mixed veggies of choice
- 2 garlic cloves
- 1 tsp ginger puree
- 2 tbsp peanut butter (can sub for powdered peanut butter if wanting a lower calorie option)
- 4 tbsp soy sauce
- 1 tbsp rice vinegar
- 2 tbsp hot sauce such as sriracha
- 1 tbsp maple syrup
- Lime wedge

1. In a pre heated pan toss veggies until crunchy and then add the noodles
2. Cook for around 5 minutes making sure the noodles and veggies are well combined
3. In a bowl mix together the sauce ingredients until smooth
4. Pour the sauce over the noodles and simmer for a few minutes
5. Serve with lime



**15 minutes
or less**

Thai green curry



Top Tip:

**EASY
MEAL
PREP**

604kcal | 68g carbs | 23g fat | 34g protein

A classic meal that I must say is a household favourite we enjoy at least twice per week!

ingredients;

- 125g basmati rice
- 1 head pak choi or spinach
- 1 chilli
- 1 bell pepper
- 1/4 onion
- 30g thai green curry paste
- 8g ginger puree
- 2 garlic cloves
- 200ml coconut milk (cartoned not can)
- 200g tofu cubed
- Lime wedge

1. In a pre heated pan add the tofu with some oil spray and cook all sides until golden; remove from the pan
2. Meanwhile cook the rice according to package instructions (I used microwave rice)
3. In the same pan add a splash of water and cook the chilli, pepper, pak choi and onion until softened
4. Add the tofu back in and then Thai paste, ginger, garlic and coconut milk and combine
5. Allow to simmer and cook for 15-20 minutes
6. Serve over rice, top with lime juice





Snacks & Sweets

Pimp out your coffee break with these
super healthy snacks
Roll on dessert o'clock.

Cookie dough protein balls



Top Tip:

**BATCH
MAKE FOR
WEEKLY
SNACKS!**

161 kcal | 12g carbs | 12g fat | 6g protein

Move over Ben and Jerry's we have pimped out the cookie dough

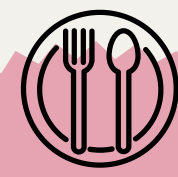
Ingredients

- 1 cup almond flour
- 1/4 cup coconut oil
- 1/4 cup coconut sugar
- 1/4 cup vanilla protein powder
- 2 tbsp chocolate chips
- Pinch sea salt

1. In a large mixing bowl add all of the ingredients and combine well until a smooth dough is formed
2. Roll into 10 balls and set in the fridge (macros are for 1 out of 10 balls)



STEF'S OG protein balls



Top Tip:

**BATCH
MAKE FOR
WEEKLY
SNACKS!**

169 kcal | 26g carbs | 7g fat | 5g protein

I PROMISE YOU; whoever you make these for, they will LOVE them. I have been making these protein balls for YEARS, and you are about to find out why.

Ingredients

- 1/2 cup oats
- 15 medjool dates pitted
- 1/4 cup desiccated coconut
- 1 scoop protein powder
- 100g melted dark chocolate

1. Add all of the ingredients except for the chocolate to a blender or food processor until the mixture forms a crumbly but sticky dough
2. Roll into 8 balls and coat in melted chocolate
3. Set in the fridge for 1 hour (macros are for 1 out of 8 balls)

SUPER
SNACK

5G
PROTEIN!

oats,
protein
dates &
coconut.



Trail mix bars



Top Tip:

**BATCH
MAKE FOR
WEEKLY
SNACKS!**

240 kcal | 38g carbs | 9g fat | 5g protein

Think of those little packs you get at the supermarket that have nuts, seeds and chocolate chunks in them; now mix them together into bars with an epic ganache topping.

- 200g fruit and nut mix of choice
- 15 large medjool dates
- 100g dried mango chopped
- 75g oats
- 4 tbsp raw cacao powder
- 2 tbsp coconut oil
- 2 tbsp maple syrup

1. Start by blending together the dates, oats and fruit and nut mix in a food processor to form a sticky / crumbly mix
2. Stir in the chopped mango
3. Transfer the mix to a lined baking tin and press down to form the base of the bars
4. In a bowl mix together the cacao, coconut oil and maple syrup to form the ganache topping
5. Spread the ganache over the base layer and sprinkle with extra fruit and nut mix
6. Place in the fridge to set for around 30 minutes before slicing into 8 squares

5G plant protein!



Snacks!

**POST
WORKOUT**



Cookie dough nice cream

522 kcal | 26g carbs | 7g fat | 43g protein

When i first went vegan in the olden days there was no Ben and Jerry's dairy free range. We forged ice cream from frozen bananas and do you know what, it is still a crowd favourite. Add a scoop of protein and you get this fluffy creamy dessert ; we won't quite call it ice cream though.

Ingredients

- 1 cookie dough protein ball chopped
- 2 frozen bananas
- Dash of milk
- 40g scoop vanilla protein powder

1. Add all of the ingredients except for the protein ball to a blender until a smooth "ice cream consistency" is formed
2. Serve immediately and stir in chunks of the protein ball

43G plant protein!



Snacks!

**POST
WORKOUT**

Chocolate nice cream

383 kcal | 83g carbs | 1g fat | 39g protein

When i first went vegan in the olden days there was no Ben and Jerry's dairy free range. We forged ice cream from frozen bananas and do you know what, it is still a crowd favourite. Add a scoop of protein and you get this fluffy creamy dessert ; we won't quite call it ice cream though.

Ingredients

- 1 tbsp raw cacao powder
- 2 frozen bananas
- Dash of milk
- 40g scoop vanilla or chocolate protein powder

1. Add all of the ingredients to a blender until a smooth "ice cream consistency" is formed
2. Serve immediately

39G plant protein!



Snacks!

**POST
WORKOUT**

Chocolate chickpeas

98kcal | 15g carbs | 4g fat | 4g protein

This is one of those; “Don’t knock it until you try it” recipes

Ingredients

- 1 x 400g tin chickpeas drained and patted dry
- 1/2 cup chocolate chips
- 1 tsp coconut oil
- Flakey sea salt

1. Evenly spread the chickpeas on a baking sheet and roast in the oven at 180 degrees for 50 minutes; stir every 15-20 minutes
2. Remove from the oven and allow to cool
3. Melt together the chocolate and coconut oil and pour in the chickpeas to evenly coat
4. Spread the mix on a baking sheet, sprinkle with sea salt and place in the fridge to set
5. Cut into 6 large slabs ; Macros based on 1/6th of the recipe



Snacks!

**POST
WORKOUT**

Protein loaf; chocolate chip

315kcal | 44g carbs | 14g fat | 12g protein



Top Tip:

**WEEKLY
SNACKS
SORTED!**

Let's be honest, we all dream of eating cake for breakfast.

Ingredients

- 200g oats blended to oat flour
- 80g vanilla protein powder
- 160g sugar
- 250ml milk of choice
- Juice of 1/2 lemon
- 150g melted vegan butter

1. Mix together the milk and lemon juice and set aside
2. In a bowl mix together the rest of the ingredients
3. Add in the lemon milk blend after 5 minutes; this acts as buttermilk
4. Using a mini loaf tin, divide the mix into 8 loafs and bake at 180 degrees for 20 minutes
5. This base recipe makes 8 loafs, see the following pages for the additions to make different variations!
6. For the first recipe add in 1 tbsp chocolate chips to each loaf prior to baking



Snacks!

**PRE
WORKOUT**



Top Tip:

**WEEKLY
SNACKS
SORTED!**

Protein loaf; blueberry

315kcal | 44g carbs | 14g fat | 12g protein

Let's be honest, we all dream of eating cake for breakfast.

Ingredients

- 200g oats blended to oat flour
- 80g vanilla protein powder
- 160g sugar
- 250ml milk of choice
- Juice of 1/2 lemon
- 150g melted vegan butter

1. Mix together the milk and lemon juice and set aside
2. In a bowl mix together the rest of the ingredients
3. Add in the lemon milk blend after 5 minutes; this acts as buttermilk
4. Using a mini loaf tin, divide the mix into 8 loafs and bake at 180 degrees for 20 minutes
5. This base recipe makes 8 loafs, see the following pages for the additions to make different variations!
6. For the second recipe add in 1 tbsp blueberries to each loaf prior to baking



on the go!

BREAKFAST



Top Tip:

**WEEKLY
SNACKS
SORTED!**

Protein loaf; lemon

315kcal | 44g carbs | 14g fat | 12g protein

Let's be honest, we all dream of eating cake for breakfast.

Ingredients

- 200g oats blended to oat flour
- 80g vanilla protein powder
- 160g sugar
- 250ml milk of choice
- Juice of 1/2 lemon
- 150g melted vegan butter

1. Mix together the milk and lemon juice and set aside
2. In a bowl mix together the rest of the ingredients
3. Add in the lemon milk blend after 5 minutes; this acts as buttermilk
4. Using a mini loaf tin, divide the mix into 8 loafs and bake at 180 degrees for 20 minutes
5. This base recipe makes 8 loafs, see the following pages for the additions to make different variations!
6. For the second recipe add in 1 tbsp lemon juice & sprinkle of lemon zest to each loaf prior to baking



Snacks!

**PRE
WORKOUT**



Top Tip:

**WEEKLY
SNACKS
SORTED!**

Protein loaf; lighter version*

164 kcal | 26g carbs | 3g fat | 14g protein

Let's be honest, we all dream of eating cake for breakfast. BUT if you are looking for that lighter, more macro friendly version to the above recipe; then this is it.

This is the BASE recipe, add the above toppings, mix ins for the flavour variations.

Ingredients

- 120g oats blended to oat flour
- 80g vanilla protein powder
- 1 tsp baking powder
- 570g yogurt
- 75g maple syrup

1. Mix together the ingredients to form a batter
2. Using a mini loaf tin, divide the mix into 8 loafs and bake at 180 degrees for 20 minutes
3. This base recipe makes 8 loafs, see the following pages for the additions to make different variations!
4. For example; for the first recipe add in 1 tbsp chocolate chips to each loaf prior to baking






Meal plans

Over the next few pages you will see 3 meal plan **EXAMPLES** as to how to use these recipes depending on your current fitness goals. These are just samples.

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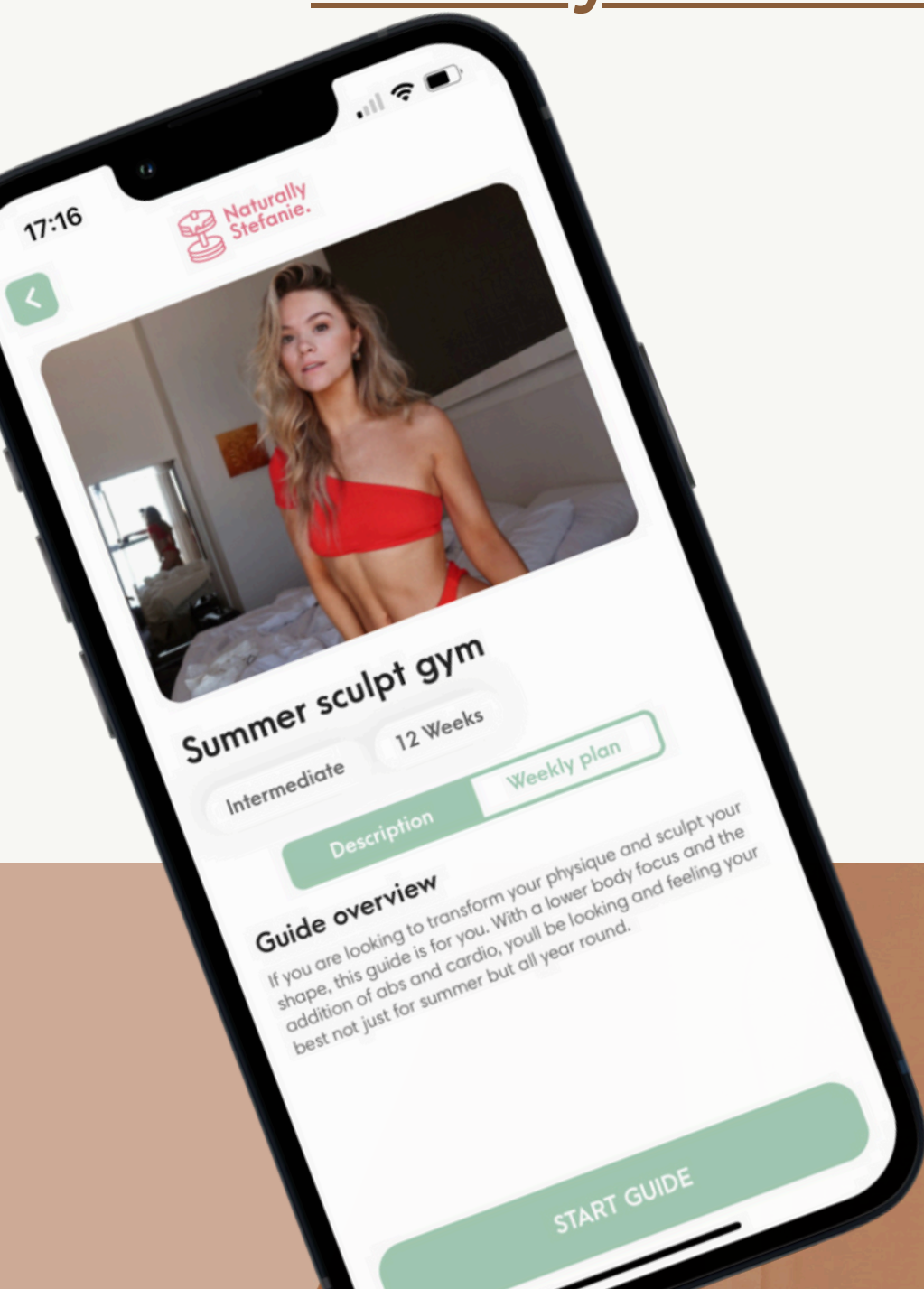
★★★★★
"I'm so pleased with my progress so far. I've struggled to commit to any fitness programmes & eating proper meals consistently for ages and haven't sacked off any workouts so far 🙌"
Chelsea
21/02/2024

★★★★★
Thank you for your program and especially the food. It helped me a lot to find delightful vegan meals that compliment my workout! Thanks again
Tenn
21/01/2024

★★★★★
"I love that it's a group challenge so I get the support from others as well and meal ideas."
A
20/02/2024

★★★★★
"I've been doing Stefanie's challenges for over a year. Soooo worth it. I've had major gains and I feel better than ever."
B
20/02/2024

If you are looking for full meal plans, along with a 12 week structured workout and training programme then join the [Naturally Stefanie app](#) today and lets get serious about your goals.



SAMPLE MEAL PLAN

Fat loss goal
1700 calories

BREAKFAST:

Banana protein pancakes
page 34

LUNCH:

The bodybuilders bowl
page 57

DINNER:

1 pot lentil dal
page 72

SNACK:

Two servings lighter lemon loaf
page 97

1735 kcal | 118g protein

SAMPLE MEAL PLAN

Body recomposition goal

2000 calories

BREAKFAST:

Banana protein pancakes
Protein iced coffee
page 34 & 27

LUNCH:

Beefy tempeh and broccoli
page 67

DINNER:

Baked lasagna
page 60

SNACK:

One OG protein ball
page 81

1962 kcal | 132g protein

SAMPLE MEAL PLAN

Lean muscle building goal

2300 calories

BREAKFAST:

Banana protein pancakes
Protein iced coffee
page 34 & 27

LUNCH:

Sofrita bowl
page 52

DINNER:

15 minute noodles
page 74

SNACK:

Two OG protein balls
page 81

2323 kcal | 142g protein



Stay On Track

with our printable

- weekly workout & meal diary
- habit tracker
- meal planner
- shopping list
- 30 day tracker for the month



Are you ready to commit to the next 30 days?

Use our habit tracker tools over the next few pages to make some goals and stick to them. Print out the following pages and keep yourself accountable.

WEEKLY FITNESS PLANNING

Month: _____

Week: _____

1 2 3 4

My Goal

My Motivation

Sunday

Meal

Breakfast: _____
Lunch: _____
Dinner: _____

Workout

Cardio Stretch Back
 Core Leg Rest Day
 Arms Booty

Water: 1 2 3 4 5 6 7 8
Vitamins: 1 2 3 4 5 6 7 8
Sleep: 1 2 3 4 5 6 7 8

Calories Protein Fat Carbs

Monday

Meal

Breakfast: _____
Lunch: _____
Dinner: _____

Workout

Cardio Stretch Back
 Core Leg Rest Day
 Arms Booty

Water: 1 2 3 4 5 6 7 8
Vitamins: 1 2 3 4 5 6 7 8
Sleep: 1 2 3 4 5 6 7 8

Calories Protein Fat Carbs

Tuesday

Meal

Breakfast: _____
Lunch: _____
Dinner: _____

Workout

Cardio Stretch Back
 Core Leg Rest Day
 Arms Booty

Water: 1 2 3 4 5 6 7 8
Vitamins: 1 2 3 4 5 6 7 8
Sleep: 1 2 3 4 5 6 7 8

Calories Protein Fat Carbs

Wednesday

Meal

Breakfast: _____
Lunch: _____
Dinner: _____

Workout

Cardio Stretch Back
 Core Leg Rest Day
 Arms Booty

Water: 1 2 3 4 5 6 7 8
Vitamins: 1 2 3 4 5 6 7 8
Sleep: 1 2 3 4 5 6 7 8

Calories Protein Fat Carbs

Thursday

Meal

Breakfast: _____
Lunch: _____
Dinner: _____

Workout

Cardio Stretch Back
 Core Leg Rest Day
 Arms Booty

Water: 1 2 3 4 5 6 7 8
Vitamins: 1 2 3 4 5 6 7 8
Sleep: 1 2 3 4 5 6 7 8

Calories Protein Fat Carbs

Friday

Meal

Breakfast: _____
Lunch: _____
Dinner: _____

Workout

Cardio Stretch Back
 Core Leg Rest Day
 Arms Booty

Water: 1 2 3 4 5 6 7 8
Vitamins: 1 2 3 4 5 6 7 8
Sleep: 1 2 3 4 5 6 7 8

Calories Protein Fat Carbs

Saturday

Meal

Breakfast: _____
Lunch: _____
Dinner: _____

Workout

Cardio Stretch Back
 Core Leg Rest Day
 Arms Booty

Water: 1 2 3 4 5 6 7 8
Vitamins: 1 2 3 4 5 6 7 8
Sleep: 1 2 3 4 5 6 7 8

Calories Protein Fat Carbs

Wins this week;

Workout Tracker

DAY ONE _____

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

WHAT I LIKED ABOUT THIS WORKOUT:

WATER:

S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

WHAT I WILL CHANGE FOR NEXT WEEK:

MEAL PLAN:

S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○



Workout Tracker

DAY TWO _____

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

WHAT I LIKED ABOUT THIS WORKOUT:

WATER:

S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

WHAT I WILL CHANGE FOR NEXT WEEK:

MEAL PLAN:

S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○



Workout Tracker

DAY THREE _____

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

EXERCISE: _____ MUSCLE GROUP: _____ REPS: _____ S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

WHAT I LIKED ABOUT THIS WORKOUT:

WATER:

S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○

WHAT I WILL CHANGE FOR NEXT WEEK:

MEAL PLAN:

S M T W T F S
○ ○ ○ ○ ○ ○ ○ ○



30 Day Wellness Tracker



MONTH: _____

SLEEP; AIM FOR 7-8 HOURS PER NIGHT

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

SELF CARE ROUTINE; SKINCARE DAILY / PHONE A FRIEND | WHATEVER THIS LOOKS LIKE FOR YOU.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

EXERCISE; WORKOUT 3 X PER WEEK | GO OUT FOR A WALK THE OTHER DAYS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

MEAL PLAN; PLAN WEEKLY MEALS IN ADVANCE & EAT 80% HEALTHY @ HOME

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30