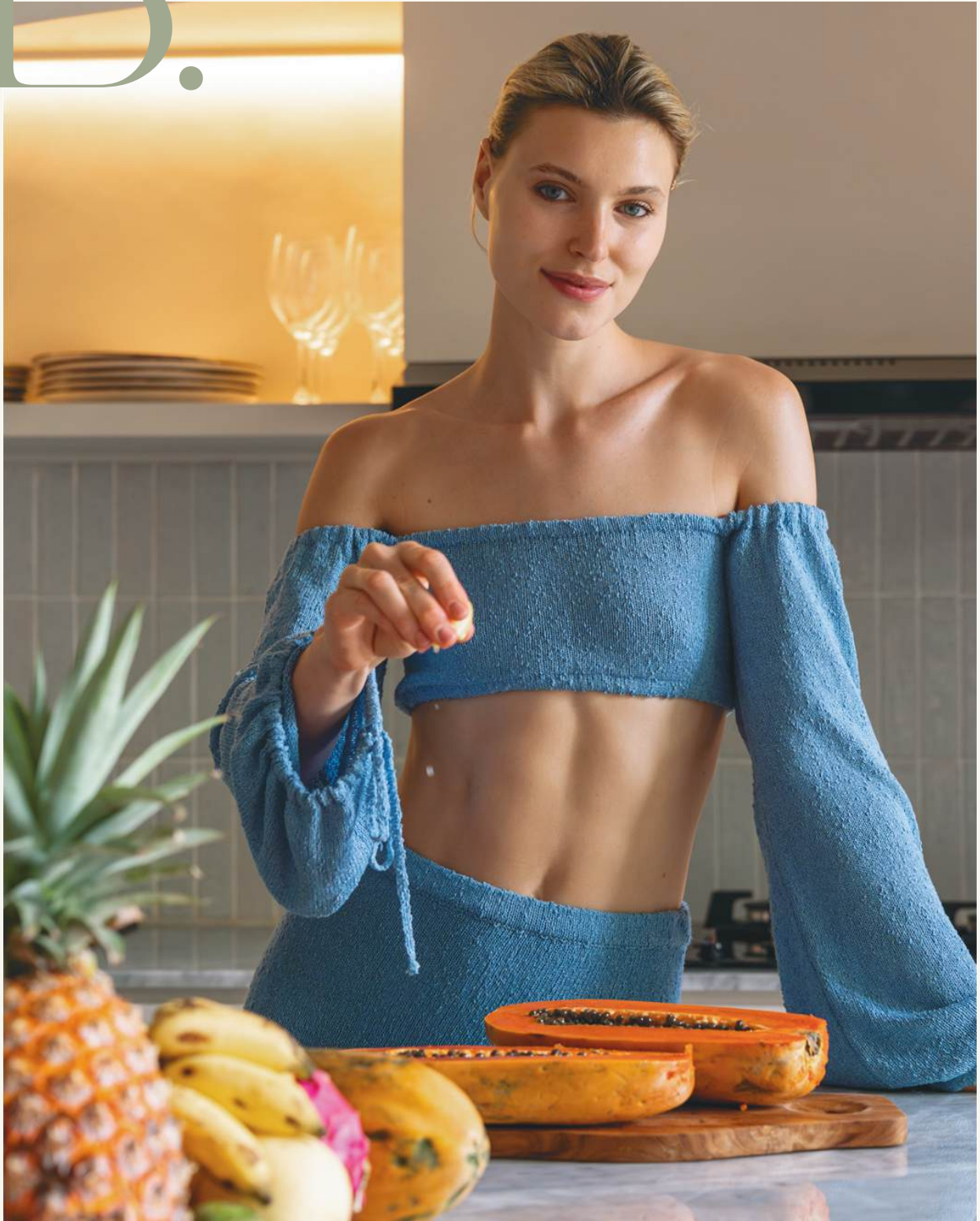


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Get fit & Balanced

7-day weight loss plan & switching to a plant-based lifestyle
For those seeking a balanced and healthy lifestyle: easy & delicious
recipes with helpful tips!

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01



MY STORY

I'm so glad you purchased this e-book. I am incredibly grateful. My mission to provide and spread INSPIRATION is now truly visible. My great passion for cooking and sports is something I love sharing with the entire world. My soul mission is to help you and others to become the best version of yourselves, to make healthy choices, and to connect with your endless power and strength.

Just like everyone, I've encountered some obstacles on my path. As a model, I sometimes faced criticism or last-minute rejections, which made me feel insecure at times. But through these experiences, I learned many lessons and turned them into a strength within myself. It's a strength that I continue to nurture, develop, and give love to.

MY PERSONAL JOURNEY

Let me briefly tell you about my personal journey and how this e-book came into being.

For years, I've tried to live as healthily as possible. I always worked out at the gym, walked alone or with my father through the woods, and made every meal a celebration. My perfectionism and perseverance played a big role in this. Even if I only had 10 minutes to eat, I made the most of the time to make my dishes look fantastic. This made the food taste even better and helped me start the day on a good note. This is a part of my life: wanting everything to be perfect. An afternoon workout in the gym completed my day. From my fascination with healthy eating, I kept looking for ways to live as healthily as possible. I ate as green as possible, and that's what I found most delicious. I wanted to look fit and toned. Choosing a healthy diet was a logical plan for me. At the same time, I was quite insecure. I didn't like my legs and wanted them to be thinner. I remember often comparing myself to other girls on social media. My attention on the street was often drawn to girls who looked slim, and I wanted that too. My focus became so intense that it turned into an obsession. I frequently searched the internet for articles or plans on how to achieve such a slim body.

“I didn't like my legs and wanted them to be thinner.”

I developed a strict plan for myself to achieve that goal. I tried many diets: from vegetarian to low-carb, to crash diets, from eating a lot to eating little, and so on. Gradually, I began to eat less because I was convinced that this approach would make me thinner. I believed in my own reality.

“JUST” ONE GOAL

I developed an eating disorder, and it had a significant impact on my life. I look back now and can talk about what happened, but at the time, I had no idea and didn't want to accept or see it. I was fixated on only one goal: looking as thin as possible. Everything had to be sacrificed for a slim body. I skipped social events, gatherings, and dinners, had panic attacks when eating chips or cake at a birthday, and often forced myself to vomit everything I had eaten that day. I worked overtime at the gym, preferring to go twice a day. I was not in a good place, far from it. Everything was an obsession, and I felt inadequate.

After years of being trapped in my mind and body, I sought help. I realized that only I could get my life back on track and take responsibility for my insecurities and fears. I wanted to be normal again and be able to eat, exercise, and live in a balanced way. I also wanted to be able to socialize with friends and go out to eat whenever I wanted.

Above all, I didn't want to feel like a victim of my reality anymore and wanted to develop a healthy mindset.

I started working with a dietitian, and together, we gradually changed my diet and learned to understand what food does and what it's for. From that moment on, I changed radically. Together, we created a meal plan that aligned with foods I enjoyed.

“We gradually changed my diet and learned to understand what food does and what it's for.”

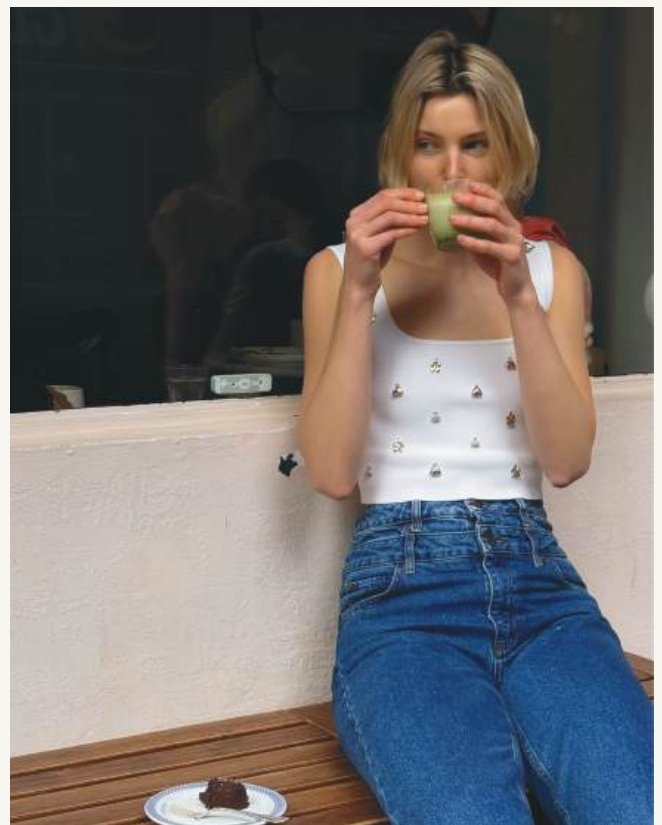
To make a change in your eating habits, it's important to still eat foods that make you happy. This makes the transition to a healthy and balanced lifestyle much easier. Without realizing it, I became more motivated to work on myself.

MY LOVE FOR FOOD

Despite the positive effects, I still struggled with insecurities. Sometimes, I cried, got angry, or sad because the process was difficult. I chose this path consciously, but it brought everything to the surface at once. Challenging but effective.

My love for food, preparing a dish without judgment, and being able to do a shorter workout of half an hour returned. My awareness grew, and I felt stronger than the voices in my head. I had a solid routine that provided structure in my week. A few things were very important to me at that time: routine, a set meal and workout schedule, and intuitively training my body.

I practiced this through breathing exercises, meditation, yoga, writing exercises (such as gratitude exercises and speaking affirmations), and walking. The latter, taking walks, brought about the greatest shift in me of all time. Walking in the woods cleared my mind, inspired me, motivated me to go through my process, and made me enjoy each day more.



WE ARE A TEAM!

It became automatic: I became so aware that I was sometimes even thoughtless. No insecure thoughts, no fear, and no frustration. Wow! I was in balance. I felt it deep inside and trusted myself. My body felt calm, peaceful, and loving. I started participating in more activities again, like parties. I could enjoy a piece of cake without feeling unsafe or uneasy. I was able to let go more and trust my intuition that everything was okay.

Even now, I'm sometimes afraid of the voices in my head, but the difference is that I don't act on them and don't let them control my life. I don't push these thoughts away but work on them and can put them into perspective. It makes me happy now to see how strong this transformation was. How strong my body and mind are and how much power we have as humans to change.

Now, a few years later, fully recovered from my eating disorder, I feel better than EVER before. I feel happy, calm, relaxed, strong, loving, and abundant. My body is my best friend; I work with my body instead of against it. We are a team! Food and sports are my biggest hobbies, and I draw so much love from them. That's why I started my community online. Sharing my creations with everyone is my passion and dream. That dream is now my reality.



GET TO KNOW ME

To give you an idea of what I do in a day, I've written down a 'What I do In a Day' for you. This is a day when I am simply at work and following my daily routine. In my life, every day is different, and I can be surprised by spontaneous activities or changes. Over the years, I've structured my routine in such a way that I can remain flexible and calm in any situation. Stress is not pleasant and certainly not beneficial for your health. A routine can help reduce stress and find ways that are easy to maintain.

This is a routine that works for me, but find out what works for you. Maybe you prefer to follow different activities in the morning than in the evening, or the other way around. Whatever it is, know that there are no rules and that you are free to create your own reality. I hope you can draw inspiration from my daily schedule! Let's start..



DAY IN THE LIFE AT HOME

7:30 AM

I wake up and am grateful for my night's sleep. I take 10 conscious breaths and set an intention for my day. I speak out loud about what I am grateful for at that moment. Then I get up and put on my workout clothes. I drink 2 large glasses of lukewarm water and take my nutritional supplements.

The supplements I take:

Magnesium

Vitamin B12 + Folic Acid

Colloidal Silver

Algae Oil

Marine Phytoplankton Micro-Algae

Wheatgrass

Omega 3

Probiotics

8.00

I head out the door with my walking shoes and go into the woods. I usually walk 7-8 kilometers, which is about an hour. During my walk, I am grateful for everything I see: the leaves on the trees, the shining sun, and the people in my life. It gives me a sense of peace as I become mindful of the moment. Additionally, I love setting my intention for the day. I feel what I need at that moment. I also enjoy dreaming about the things I want to manifest in my life.

After my walk, I thank the Universe and nature for the beautiful moment and enjoy my breakfast.

9.15

Breakfast

I often have overnight oats, a smoothie bowl, or a delicious bowl of yogurt with homemade granola (recipe in this book!) with lots of fresh fruit. I accompany this with ginger lemon tea with a mint leaf. Delicious!

9.30

I change clothes and sit down at my computer. I work on new recipes, create new content, or have phone calls with clients.

13.00

Lunch

I enjoy having a quinoa salad and a cup of tea for lunch. After lunch, I often take some time to relax, check my social media, or read a part of a book. If the sun is shining, I like to sit in the sun (and get my dose of vitamin D).

14.00

After lunch, I often work on new recipes, photograph them, and edit the photos. I respond to emails and do various other tasks on my laptop.

16.00

Snacks!

I like to snack on a homemade bliss ball or a banana with peanut butter...
Yum! Then I get back to work.

18.00

Cooking Time! I put on my apron and head into the kitchen. My goal for every meal is to create as much balance as possible. A balanced meal is complete when it is:

Fresh
Honestly grown (organic /
biodynamic)
Local
Varied
Minimally processed
Seasonal

I vary as much as possible with ingredients. By maintaining a varied diet, you stimulate the good bacteria in your gut, which ensures a healthy gut flora.

18.30

Dinner!

19.30

I put on my workout clothes and head to the gym.

19.45

I do a High-Intensity Interval Training (HIIT) workout with exercises for more stability, flexibility, and agility.

DID YOU KNOW?

A HIIT workout provides:

1. A longer afterburn: The reason is that in HIIT, you deliver a much more explosive, intense effort. Your body needs more time to fully recover afterward. During the
2. recovery period, you continue to burn calories. This brings the total amount of energy burned about as high or even higher than with 'normal' cardio, where you don't have the 'afterburn effect' or have it to a lesser extent.
3. A quick improvement in condition
4. More fat burning in less time: If you alternate high-intensity exercises with less intensive ones during your workout, you improve your aerobic condition (activities that strengthen your heart) and your anaerobic condition (activities that strengthen other muscles).

21.00

I come home from my workout and enjoy a bowl of vegan yogurt with baked banana or apple. Yogurt contains protein, which is effective as post-workout food. Protein minimizes muscle loss and helps your muscles recover.

I also have a nice cup of tea.

22.00

Meditation and Journaling:
At the end of the day, I take plenty of time to reflect on my day. What went well? What could I do differently or better tomorrow? What is my intention for the next day? I write everything down in my journal. Then I spend 10-20 minutes sitting on my meditation cushion (or lying in bed) and breathe consciously into my belly. Sometimes I put on a guided meditation. Afterward, I often fall asleep right away—blissful!
Goodnight.



DISCLAIMER

NOTE: You achieve nothing with crash diets

If you create your own meal plan, you can be a danger to yourself. By eating little or nothing, you cause your body to go into survival mode. That's not good. It's not only super unhealthy, but you also ensure that when you start eating normally again, you gain even more weight. You achieve the opposite of what you want. As soon as you eat as little as possible, everything you do eat is stored as fat. And when you start eating more later, you gain weight twice as fast. Those kilos are also much harder to lose again. Moreover, with a crash diet, you get zero vitamins and have no energy. It couldn't be healthier. So never do this!

To find the perfect eating pattern that not only helps you stay healthy and fit but also keeps you energized, it's very important to live a balanced life. Follow this plan as a guideline for your new lifestyle.

And don't forget to always listen to YOUR body. Learn to listen to your hunger intuitively, eat when you are hungry. For example, if you're not hungry, just skip your snack.

Are you still hungry after dinner? Make a delicious bowl of vegan yogurt with fruit or eat a piece of dark chocolate.

All information in this plan is for educational and inspirational purposes only. Seek professional help if you have concerns or personal struggles that need to be addressed.

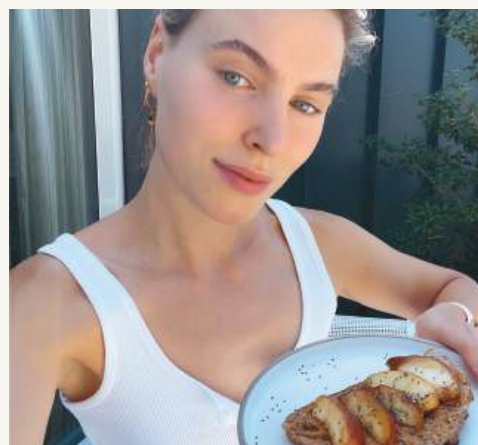


WEIGHT LOSS PLAN

03

Welcome to this 7-day weight loss plan and the switch to a plant-based lifestyle. This e-book contains 28 unique recipes! The fact that you purchased this book is the first step towards a new healthy balance.

On social media, I regularly share my eating and workout routines, but I wanted to create a clear and concise e-book to provide a more detailed overview of what I do to stay fit! This e-book also offers a good guide to eating plant-based.



This lifestyle is not a diet! I want you to achieve long-term results. This 7-day plan helps you develop new healthy habits so that you can integrate them for the rest of your life. There is no shortcut to health and happiness. By taking care of yourself for 7 days straight, you shift your mindset and form a new happy, healthy, and balanced you!

Why are you starting this challenge? Is it to break your binge eating habits, to get your period back, to be happier, to reduce stress, to lose weight, to clear your skin, to have more energy, to improve your digestion, or to sleep better? Whatever it is, you are already one step closer to achieving your goal just by being here!

Have fun following this plan. Share your creations with me on Instagram by tagging me @iekebooi.

HOW IT WORKS

Here is a collection of 28 plant-based healthy recipes! These recipes were created by me and tested multiple times to ensure they work well and taste delicious!

All ingredients can be easily found in the supermarket.

If you don't have a specific ingredient or don't like it, you can try replacing it with a similar ingredient, but I can't guarantee that the recipe will be the same. Don't forget to consider your own food intolerances.

LITTLE HANDY NOTES

1 teaspoon (tsp) = 1 teaspoon
1 tablespoon (tbsp) = 1 tablespoon

THE FOUR ESSENTIAL STEPS TO BECOME FIT & BALANCED

STEP ONE: The meals of the day

This e-book consists of 7 days, and each day has 4 meals.
The order of the recipes is as follows:

Breakfast
Lunch
Snack
Dinner

You may choose the times for your meals according to your preference.

TIPS:

To achieve the best results, it's important to extend this plan for 3-4 weeks. This plan gives you inspiration and motivation to start your personal transformation.

Afterward, I hope you can continue on your own. Vary as much as possible with your own cooking creations and improvise—keep this plan beside you as a handy guide.

Eat as many real, unprocessed products as possible. Don't cook from 'packages' but use natural, plant-based products like fresh vegetables, fruits, and nuts. Processed and ready-made products often contain E-numbers, added sugars, and flavor, fragrance, and colorings. There are very few healthy substances in them.

SUPPLEMENT INTAKE:

In winter, it's important to take extra vitamin D and C supplements, and magnesium throughout the year.



STEP TWO: Workout times

To get in shape, training and healthy eating are very important. A workout plan helps with this. Do a combination of strength and cardio; you can do this three times a week. Always allow a day of rest between training days. During those rest days, you can still stay active by walking, for example. Walk at a speed between 6 and 7 km per hour. Do you prefer running? Then you can combine walking and running. But be aware: you need to plan at least one complete rest day each week so your body can recover and relax.

Example of a workout schedule:

Monday: Strength/Cardio Training
Tuesday: Walking
Wednesday: Strength/Cardio Training
Thursday: Walking
Friday: Strength/Cardio Training
Saturday: Walking
Sunday: Rest Day

To become healthy and fit, food is important, but exercise is an essential part of your new lifestyle. Do a sport you enjoy. Make a realistic overview of your week and plan when you want to exercise. This helps you maintain a routine and gives your body the movement it needs—an hour a day is fine. Walking is also a sport and is incredibly good for your mind—definitely my favorite! Do you need someone to motivate you? Find a workout buddy and plan your exercise moments together.

TIPS:

During a workout, it's important to pay attention to your breathing. When exerting force, exhale; when relaxing, inhale.

Do you feel your body is tired? Plan an extra rest day. Do you work out at a gym? Ask one of the staff members to help you create a workout plan based on your goals. This makes it easier to follow a plan that suits you and helps you achieve your goals.

To achieve good results, you need to vary the intensity of your workouts. It's more enjoyable, too, as even the best athlete can't always go 110%. Make sure you have a mix of days with higher and lower intensity.



STEP THREE: Portion size

How large your ideal portion is varies per person. For every person, the portion size even differs by day, time, and even time of year.

To create a healthy balance in your meal plan, it's important to make a meal well-rounded.

A well-rounded meal consists of a proper balance of macronutrients:

Carbohydrates

Proteins

Fats

TIPS:

Use the correct portions.

The amount you use of a product has a big impact on the results. In the beginning, you can use a scale to get insight into your portion sizes.

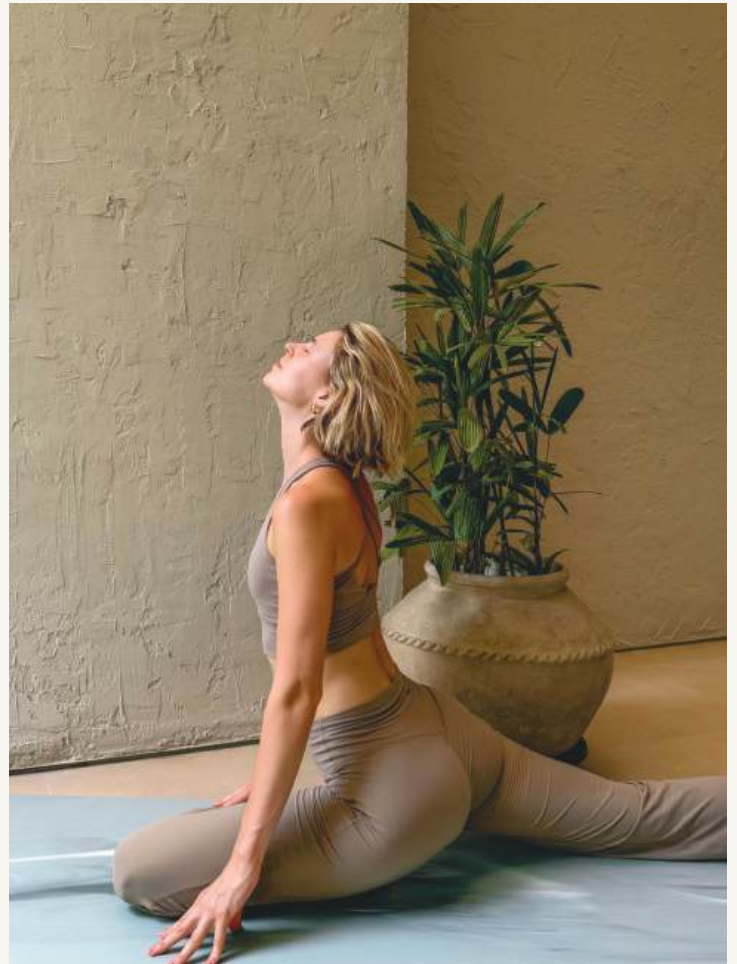
In this e-book, I have already indicated the correct measurements using tablespoons or teaspoons. Use these for the right portions. It's also indicated for how many servings (people) the recipe is.

Do you have a recipe for 4 people but are alone? Divide the recipe by 2, freeze the rest, or store it in a sealed container for later.

Be honest with yourself.

To achieve and maintain your health goal, honesty with yourself is crucial.

Cheating with quantities or leaving out products doesn't give you a good picture of your food intake. Ultimately, the only person you fool is yourself. Stick to the plan for the best and most balanced result!



STEP FOUR: Hydrate

Your body is mostly made of water. This is necessary for the proper functioning of your body. It's therefore important to stay well-hydrated. You should drink at least two liters of water or herbal tea per day. If you exercise or if the weather is very hot, you lose more fluid, so it's important to drink more.

STAY HYDRATED PEEPS!

SHOPPING LIST

VEGETABLES

- Garlic: 2-3 bulbs
- Onions: 5-6 medium
- Pumpkin: 1 medium (approx. 1.5-2 kg)
- Cucumber: 2 medium
- Cherry tomatoes: 2-3 punnets (about 500-600 g)
- Avocado: 4-5 medium
- Spinach: 1 large bag (about 250-300 g)
- Mushrooms: 500 g
- Broccoli: 2 heads
- Zucchini: 4-5 medium
- Spring onions: 1 bunch
- Red beets: 2 medium
- Bell peppers: 2-3 medium (different colors)
- Eggplant: 2 medium
- Alfalfa: 1 small punnet
- Ginger: 1 small piece (about 50 g)
- Cauliflower: 1 large head or 1 bag frozen (about 500 g)
- Field lettuce: 1 bag (about 100-150 g)
- Radish: 1 bunch
- Carrot: 4-5 medium
- Red cabbage: 1 small
- Lettuce leaves: 8 leaves (for spring rolls)

FRUITS

- Strawberries: 1 punnet (250 g)
- Bananas: 10-12 medium
- Raspberries: 2 punnets (250 g)
- Lemons: 4-5 medium
- Limes: 2-3 medium
- Blackberries: 1 punnet (125 g)
- Blueberries: 2 punnets (250 g)
- Mango: 1 medium
- Apples: 5-6 medium
- Medjool dates: 200-300 g

NUTS, SEEDS & NUT-BUTTERS

- Mixed nuts (unsalted, unroasted): 300 g
- Almond flour: 250 g
- Pecans: 100 g
- Walnuts: 100 g
- Pistachios: 100 g
- Hemp seeds: 50-100 g
- Sunflower seeds: 50-100 g
- Pumpkin seeds: 50-100 g
- Almond butter: 1 small jar (200-250 g)
- Peanut butter: 1 jar (250-300 g)
- Tahini: 1 jar (250 g)
- Shredded coconut: 100 g
- Coconut flakes: 100 g
- Cacao nibs: 50-100 g

BREAD, PASTA, GRAINS & LEGUMES

- Rolled oats: 500 g
- Chia seeds: 100-150 g
- Flax seeds: 100-150 g
- Spelt flour: 500 g
- Whole grain flour: 500 g
- Buckwheat flour (or oat flour): 500 g
- Baking soda: 1 small box (50 g)
- Baking powder: 1 small canister (100 g)
- Brown rice: 500 g
- Lentil pasta: 400 g
- Quinoa: 400 g
- Bulgur: 200 g
- Whole grain couscous: 300 g
- Rice noodles (whole grain): 200 g
- Tortilla wraps (whole grain or vegetable): 1 pack (8-10 wraps)

- Burger buns (whole grain/spelt): 4 buns
- Pita bread (whole grain): 4 pitas
- White beans (cannellini): 1-2 cans (400 g each)
- Brown beans: 1-2 cans (400 g each)
- Chickpeas (canned): 3-4 cans (400 g each)
- Corn: 1 small can (150 g)

HERBS & SPICES

- Vanilla extract: 1 small bottle (50 ml)
- Ginger powder: 1 small jar (50 g)
- Chili flakes: 1 small jar (50 g)
- Nutmeg: 1 small jar (50 g)
- Paprika powder: 1 small jar (50 g)
- Bay leaves: 1 small pack
- Cumin powder: 1 small jar (50 g)
- Turmeric: 1 small jar (50 g)
- Curry powder (yellow curry): 1 small jar (50 g)
- Cinnamon: 1 small jar (50 g)
- Cacao powder: 100-150 g
- Fresh dill: 1 bunch
- Fresh mint: 1 bunch
- Ras el Hanout spice mix: 1 small jar (50 g)
- Fresh basil: 1 bunch
- Italian herbs: 1 small jar (50 g)
- Oregano: 1 small jar (50 g)
- Garlic powder: 1 small jar (50 g)
- Fresh parsley: 1 bunch

OILS, SYRUPS & SAUCES

- Olive oil: 1 bottle (500 ml)
- Sesame oil: 1 small bottle (250 ml)
- Sunflower oil: 1 bottle (500 ml)
- Coconut oil: 1 small jar (250 g)
- Soy sauce: 1 bottle (250 ml)
- Balsamic vinegar: 1 bottle (250 ml)
- Red wine vinegar: 1 bottle (250 ml)
- Maple syrup: 1 bottle (250 ml)

- Agave syrup: 1 bottle (250 ml)
- Sriracha sauce or sambal: 1 small bottle (100 ml)
- Vegan mayonnaise: 1 small jar (250 g)
- Tomato paste: 1 small can (150 g)
- Dark chocolate spread: 1 small jar (250 g)
- Vegan dark chocolate chips: 100-150 g

PLANT-BASED YOGHURTS & CREAM

- Coconut milk: 2 cans (400 ml each)
- Almond milk (unsweetened): 1 liter
- Vegan quark: 1 small tub (500 g)
- Coconut yogurt: 1 small tub (500 g)
- Coconut or soy cream: 1 small carton (250 ml)
- Vegan Greek yogurt: 1 small tub (500 g)

OTHER

- Hummus: 1 tub (250 g)
- Vegan feta cheese: 1 block (200-250 g)
- Vegan cheddar cheese: 1 block or pack (200-250 g)
- Vegan cream cheese: 1 tub (200-250 g)
- Vegan minced meat: 200-300 g
- Nutritional yeast flakes: 1 small pack (100 g)
- Artichoke hearts: 1 small jar or can (150-200 g)
- Bouillon cubes (natural, yeast-free): 1 box
- Whole grain rice cakes: 1 pack
- Tomato tapenade: 1 small jar (100-150 g)
- Dried apricots: 100 g
- Cranberries: 100 g
- Raisins: 100 g
- Medjool dates: 200-300 g
- Dark chocolate (>75%): 1 bar (100 g)
- Granola or muesli: 1 bag (400-500 g)

THE MENU

DAY ONE

Overnight Coconut Chia-Oats
Salad Bowl
Pumpkin Pasta
Hummus with Vegetables

DAY TWO

Yoghurt Banana Split
Avocado Toast
Yellow Curry
Red Velvet Blissball

DAY THREE

High-Protein Raspberry Smoothie
Bowl
Lebanese Veggie Wraps
Stuffed Zucchini
Antioxidant Blueberry Smoothie

DAY FOUR

Chocolate Chip Baked Oats
Greek Feta Salad
Green Machine Pizza
Tahini Cookie

DAY FIVE

Chocolate Smoothie Bowl
Traditional Tomato Soup
Vegan Burger
Stuffed Dates

DAY SIX

Rice Cakes
Chickpea Pita Gyros
Couscous Fitness Bowl
Granola Bars

DAY SEVEN

Banana Choco Pancakes
Mexican Burrito
Spring Rolls
Appel NachosSnack

DAY ONE

Overnight Coconut Chia-Oats

Ingredients (for 1 serving):

20 g rolled oats
20 g chia seeds
1/4 banana
1/2 tsp vanilla extract
180 ml coconut milk or almond milk
1 tbsp nuts
1 tbsp cranberries

Toppings: raspberries, banana slices, strawberries, and 1 tsp agave syrup

How to Make:

1. Add all ingredients (except the toppings) to a sealable jar or container. Stir well and close the jar or container.
2. Let it sit in the fridge overnight. Tip: If the chia pudding is too dry, add more milk, stir gently, and refrigerate for another 30 minutes.
3. After removing the coconut chia pudding from the fridge, add some fresh fruit, such as banana slices, raspberries, and strawberries. Top with 1 tsp agave syrup.



Salad Bowl

Ingredients (for 1 serving):

Handful of lamb's lettuce
100 g cooked quinoa
200 g pumpkin
Cucumber
Cherry tomatoes
A few sun-dried tomatoes
1/2 avocado

Optional: Handful of nuts, almond slivers, 1 tbsp hummus

Dressing: 1/2 tbsp tahini, 1/2 tbsp balsamic vinegar, 1 tbsp lemon juice, salt, and pepper.

How to Make:

1. Cook the quinoa for 10 minutes in boiling water. Drain and let cool.
2. Roast the pumpkin in the oven at 200°C for 35-40 minutes until soft and cooked.
3. Slice the cucumber, halve the tomatoes, and drain the sun-dried tomatoes. Cut the avocado in half and slice.
4. Make the dressing, add salt and pepper, and stir until smooth. (If it's too thick, add a bit of water.)
5. Mix the lettuce with the dressing and quinoa. Divide the avocado, pumpkin, cucumber, tomatoes, hummus, sun-dried tomatoes, and nuts over the salad bowl. Enjoy!



DAY ONE

Pumpkin Pasta

Ingredients (for 4 servings):

1 pumpkin
Handful of spinach
400 g mushrooms
2 small cloves of garlic
1 tbsp olive oil
1 tsp ginger powder
1/4 tsp chili flakes
1/2 tsp nutmeg

1/2 tsp paprika powder
1/4 tsp dried bay leaf
Sea salt and pepper, to taste
100 ml water
1 bouillon cube
400 g pasta (lentil pasta)
50 ml coconut milk
Serve with pistachios and
vegan grated cheese

How to Make:

1. Preheat the oven to 200°C.
2. Cut the pumpkin in half, remove the stems, and scoop out the seeds with a spoon. Cut each half into quarters and place the pieces in a baking dish. Sprinkle with salt and pepper and bake for about 25 minutes until the pumpkin is soft and cooked through.
3. While the pumpkin is baking, cook the pasta with 1 bouillon cube until al dente, following the instructions on the package. Drain the pasta, save a bit of the bouillon water, and set the pasta aside, covered.
4. Press the garlic. Heat the oil in a deep pan with a sturdy bottom over medium heat. Fry the garlic and spices until fragrant, then add the mushrooms and reduce the heat.
5. Add 3/4 of the roasted pumpkin, 100 ml of bouillon water, and 50 ml of coconut milk to a blender. Blend until you have a smooth sauce. Gradually add more liquid until the sauce has the texture of a thick soup or béchamel—not completely liquid but not solid either. Taste and adjust seasoning.
6. Pour the sauce back into the pan with the mushrooms and add the pasta. Heat the entire dish over low heat for five minutes to blend the flavors well.
7. Add a handful of spinach at the end and stir well to avoid burning.
8. Serve warm with the remaining 1/4 pumpkin pieces, vegan cheese, basil, grated cheese, and pistachios.

Tip: Need extra protein? Add a meat substitute—tofu or tempeh works great here.

Do you have too much? Or are you eating alone? Save a portion for another day, freeze it for up to 3 months, or store it in the fridge for up to 3 days.



Hummus with Vegetables

Ingredients:

20 ml chickpea water
30 g tahini
1/2 tsp cumin
1/2 tsp paprika powder
1/2 clove garlic
275 g canned chickpeas
30 ml olive oil
1/4 tsp salt
1 tbsp lemon juice
1 tbsp lime juice

How to Make:

1. Pour the chickpea water, olive oil, and lemon and lime juice into a food processor.
2. Add tahini, chickpeas, salt, cumin, paprika powder, and garlic.
3. Mix until the mixture is creamy.
4. Serve with vegetables and crackers.

Tip: Store the hummus in an airtight container in the fridge.



DAY TWO

Yoghurt Banana Split

Ingredients (for 1 serving):

1 banana
1 tsp dark chocolate spread (or nut butter)
4 tablespoons vegan yogurt
A handful of fresh blueberries and raspberries
1 tablespoon muesli or granola

How to Make:

1. Slice the banana lengthwise and place the halves on a plate.
2. Spread the quark over the banana, sprinkle with blueberries and raspberries, then with the muesli or granola.
3. Drizzle the whole dish with a dark chocolate spread (or any nut butter of choice).



Avocado Toast

Ingredients (for 1 serving):

2 slices of bread (sourdough, toasted)
Hummus
1/2 avocado
Pepper, salt, and chili flakes

How to Make:

1. Heat a toaster or grill plate. Toast the slices of bread.
2. Cut the avocado in half lengthwise, remove the pit, scoop out the flesh with a spoon, and slice it into thin pieces.
3. Spread the hummus over a slice of bread, add the avocado, sprinkle with 1/2 tsp chili flakes, and season with pepper and salt.



DAY TWO

Yellow Curry

Ingredients (for 1 serving):

40 g white or brown rice (uncooked)
100 g firm tofu
Tofu marinade: 1 tbsp soy sauce, 1 tbsp sesame oil, pepper/salt, 1/2 tsp of each: ginger powder, cayenne pepper, cumin, and turmeric.
1/2 broccoli
1/2 zucchini
1 spring onion
50 g chickpeas
1 onion, diced
1 tbsp yellow curry powder
100 ml coconut milk
1 tbsp olive oil, for frying

How to Make:

1. Cook the rice according to the instructions on the package. Meanwhile, cut the broccoli and spring onion.
2. Drain the tofu well and cut it into cubes. Marinate with 1 tbsp soy sauce, 1 tbsp sesame oil, pepper/salt, 1/2 tsp each of ginger powder, cayenne pepper, cumin, and turmeric.
3. Cook the broccoli for 5 minutes until tender. Drain and set aside.
4. Meanwhile, heat the oil in a wok and sauté the onion for 1 minute over low heat.
5. Add 1 tbsp curry powder, zucchini, broccoli, and coconut milk, boil, and simmer for 10 minutes over low heat with the lid on the pan. Finally, add the chickpeas.



Red Velvet Blissball

Ingredients (for 14 bliss balls):

80 g mixed nuts (unroasted)
100 g jumbo oats (GF)
10 g cocoa powder
130 g dates, pitted
3 tbsp beet juice
1 banana
1 tsp cinnamon
Pinch of salt
Optional: shredded coconut

How to Make:

1. Soak the dates in hot water for 10 minutes to soften them and make them easier to blend.
2. Drain them well and then add them to a food processor with the other ingredients (except the shredded coconut).
3. Mix until most ingredients are well combined. It's okay if there are still some small pieces left: this gives your bliss balls a nice texture.
4. Roll 14 balls from the red velvet mixture. Roll the bliss balls in the shredded coconut on a plate.
5. Place the bliss balls in the freezer for 30 minutes.
6. Store the bliss balls in a sealed container in the fridge or freezer for later enjoyment.



DAY THREE

High-Protein Raspberry Smoothie Bowl

Ingredients (for 1 serving):

250 ml coconut water
1 frozen banana
50 g of frozen cauliflower
50 g of frozen raspberries
Toppings: raspberries, blackberries, 1 tbsp granola, coconut flakes

How to Make:

1. Add all ingredients (except the toppings) to a blender and mix until smooth.
2. Spoon the mixture into a bowl and add the toppings.



Lebanese Veggie Wraps

Ingredients (for 2 servings):

4 tortilla wraps
1 red bell pepper, sliced
2 eggplants, sliced
2 zucchinis, sliced
Salt and pepper
Olive oil

Vegan Cream Cheese Dip:

1/2 pack vegan cream cheese
100 ml coconut yogurt
1/2 cucumber
10 g fresh dill, chopped
10 g fresh mint, chopped
1/4 tsp cayenne pepper
1 tsp olive oil
Salt and pepper

How to make:

1. Preheat the oven to 220°C. Brush the vegetables with olive oil, season with salt and pepper, and grill them for 12-15 minutes on each side or until tender. Warm the falafel balls during the last 10 minutes.
2. For the dip, mix the vegan cream cheese with the cucumber, dill, mint, and olive oil in a large bowl. Season with salt, pepper, and 1/4 tsp cayenne pepper. If it's too thick, add a bit of water.
3. Warm the tortillas in the oven for 1-2 minutes.
4. Spread the vegan cream cheese dip on each tortilla, top with grilled vegetables, and roll up as a wrap.



DAY THREE

Stuffed Zucchini

Ingredients (for 2 servings):

2 zucchinis
1 onion
Handful of vegan grated cheese
1 tbsp ras el hanout spice mix
100 g bulgur
200 g vegan minced meat

250 g mushrooms
1/2 lemon
2 tbsp olive oil
1 tbsp sriracha sauce
2 tsp cinnamon
Optional: alfalfa

How to make:

1. Preheat the oven to 180°C. Halve the zucchinis lengthwise and scoop out the flesh with a spoon. Finely chop the scooped-out flesh and let it drain in a sieve. Place the zucchini halves on a baking sheet lined with parchment paper. Brush the zucchini with olive oil and season with salt and pepper. Bake for about 25 minutes in the oven.
2. Slice the onion into rings and the mushrooms into slices.
3. Meanwhile, cook the bulgur for 10 minutes.
4. Heat 1 tbsp oil in a skillet and sauté the onion until translucent, about 3 minutes, over medium heat. Add 1 tbsp of ras el hanout spice mix. Add the mushrooms, minced meat, scooped-out zucchini flesh, and lemon juice.
5. Drain the bulgur and mix it with the minced meat-mushroom mixture. Stir in a handful of vegan cheese, 2 tsp cinnamon, and 1/2 tsp sriracha sauce—season with pepper.
6. Stuff the zucchinis with the bulgur mixture, top with vegan grated cheese, and garnish with alfalfa. Serve with a few lemon slices.



Antioxidant Blueberry Smoothie

Ingredients (for 1 smoothie):

50 g of blueberries
1 cm of fresh ginger (peeled)
1 handful of frozen cauliflower
1 tbsp hemp seeds
250 ml water or almond milk

Optional: 1 medjool date and 1 scoop vanilla protein powder

How to Make:

1. Blend all ingredients in a blender until smooth.
2. Pour into a glass and top with extra hemp seeds.



DAY FOUR

Chocolate Chip Baked Oats

Ingredients (for 1 serving):

15 tbsp oatmeal
1/2 tbsp chia seeds or flaxseeds
1 tbsp spelt or whole wheat flour
1/2 scoop protein powder (can be replaced with 15 tbsp oatmeal or 1/4 banana)
1/2 tsp baking soda
Pinch of salt
1 tsp cinnamon & vanilla extract
1 tbsp raisins
4 tbsp vegan yogurt
1/2 tbsp olive oil
50-100 ml water or almond milk

Toppings: banana, blueberries, coconut flakes, dark chocolate chips, cinnamon

How to Make:

1. Mix the oatmeal, spelt flour, chia or flaxseeds, protein powder, baking soda, salt, cinnamon, raisins, and vanilla extract in a bowl.
2. Then add the yogurt, olive oil, and water. Ensure the mixture has a creamy/thick consistency. If needed, add a bit more water.
3. Pour the mixture into a small baking dish and add the toppings. Add chocolate chips and other toppings as desired.
4. Bake the mixture for 30 minutes at 180°C.
5. Let it cool for 5 minutes until eating. Enjoy!



Greek Feta Salad

Ingredients (for 1 serving):

Mixed lettuce
Cucumber
Cherry tomatoes
Radish
30 g vegan feta cheese, cubed
1/4 avocado
1 tbsp walnuts

Dressing:

2 tbsp red wine vinegar
1/2 tsp dried oregano
1 tbsp olive oil
1 clove garlic, minced

How to Make:

1. Measure 35 g of uncooked quinoa, cook according to the instructions on the package, and let cool.
2. Toss 2 handfuls of lettuce in a bowl. Dice 1/4 cucumber. Slice the radish into rings and halve the tomatoes. Drain the sun-dried tomatoes to remove all the oil. Pit the avocado.
3. For the dressing, Mix the red wine vinegar, dried oregano, and garlic in a small bowl and add 1 tbsp olive oil. Taste the dressing and season with salt and pepper.
4. Add the dressing to the lettuce and vegetables with 4 tbsp quinoa, salt, and pepper. Top with avocado slices and sprinkle with vegan feta cheese.



DAY FOUR

Green Machine Pizza

Ingredients (for 1 serving):

1 spelt pizza dough

For the Pesto:

1 bunch fresh basil
6 tbsp nutritional yeast (or vegan cheese)
2 tbsp olive oil
50 ml water

Toppings:

50 g mushrooms
1/2 zucchini
A few basil leaves
A few artichoke hearts
Pepper and salt
1 tsp Italian herbs

How to Make:

1. Preheat the oven to 220°C.
2. Mix the nutritional yeast (or vegan cheese), basil, water, and 1 tbsp olive oil in a blender.
3. Slice half a zucchini and the mushrooms. Roast the vegetables for 10 minutes in the preheated oven.
4. Meanwhile, roll out your dough and spread it with the pesto. The top half is made of sliced mushrooms and artichoke hearts, and the other half is made of roasted zucchini and artichoke hearts. Sprinkle vegan cheese over the pizza. Bake the pizza for 10-12 minutes.
5. Garnish before serving with avocado slices, fresh basil, Italian herbs, and pepper & salt.



Tahini Cookie

Ingredients (for 6 cookies):

50 g almond flour
3 tbsp spelt flour
5 tbsp maple syrup
1 tsp baking powder
65 g creamy white tahini
20 g chopped pecans (or dark chocolate chips)
Pinch of salt

How to Make:

1. Preheat the oven to 180°C.
2. In a large bowl, mix the almond flour, spelt flour, baking powder, and salt until there are no lumps.
3. Stir in the tahini and maple syrup. Mix well until a smooth dough forms. Add the chopped pecans and bring the cookie dough together with your hands. Refrigerate for 15 minutes.
4. After 15 minutes, remove the dough from the fridge and roll it into 6 balls on a lined baking sheet. Flatten them into small round cookies.
5. Bake for 10 minutes in the oven until golden brown. Let cool completely on a rack.
6. Tip Serve a cookie with a warm drink like chai, matcha latte, or teal



DAY FIVE

Chocolate Smoothie Bowl

Ingredients (for 1 serving):

250 ml almond milk or water
1 tbsp cocoa powder
1/2 banana
1/2 tsp cinnamon
2 dates, pitted
Handful of frozen cauliflower

Optional: 1 scoop of vegan protein powder

Toppings: banana, blueberries, cacao nibs, 10 g dark chocolate, granola, coconut flakes, 1 tsp peanut butter

How to Make:

1. Add all the ingredients (except the toppings) to a blender and mix until smooth.
2. Spoon the mixture into a bowl and add the toppings.



Traditional Tomato Soup

Ingredients (for 2 servings):

1 tbsp olive oil
1/2 onion, chopped
1 carrot, peeled and chopped
3 cloves garlic, minced
5-6 fresh whole tomatoes (or 2 cans of diced tomatoes)
2 tbsp tomato paste
700 ml vegetable broth
Salt and pepper
Handful of fresh basil (replace with 1 tbsp dried basil if needed)

Optional: coconut or soy cream, pumpkin seeds, bread, or toast to serve

How to Make:

1. Heat a large pan over medium heat. Add the oil, chopped onions, carrots, and salt.
2. Add the minced garlic, tomato paste, fresh tomatoes, pepper, and vegetable broth to the pan and stir.
3. Bring the soup to a boil over medium heat. Once the soup is boiling, remove it from the heat. Add fresh basil to the soup.
4. Let the soup cool slightly, then puree until smooth. Taste the soup and adjust the seasoning (salt, pepper, and fresh basil) if necessary.
5. Divide the soup into bowls, garnish, and serve. (verse basilicum).



DAY FIVE

Vegan Burger

Ingredients (for 2 servings):

1 red onion
2 tbsp vegetable oil
2 vegan burgers of choice
2 slices vegan cheddar cheese
1/2 avocado
1 tomato
2 burger buns (whole grain spelt)
1 handful of iceberg lettuce
Vegan mayonnaise or ketchup

How to Make:

1. Preheat the oven to 180°C.
2. Slice the red onion into rings. Heat the oil in a pan and sauté the onion over low heat for about ten minutes. You want the onion to caramelize. Stir regularly to prevent burning.
3. Prepare the burgers according to the instructions on the package.
4. Mash the avocado and chop the pepper finely. Mix them.
5. Slice the tomato into thin slices.
6. Cut the burger buns in half and top the bottom half with a slice of vegan cheddar cheese. Bake in the oven for 5 minutes. Then, spread the bottom half with the avocado mixture. Add some lettuce, followed by tomato slices.
7. Spread mayonnaise on the burger, add the caramelized onions, and finish with the top half of the bun.



Stuffed Dates

Ingredients:

5 Medjool dates
4 tbsps of peanut butter
Pieces of dark chocolate
Sea salt

How to Make:

1. Slice the dates halfway through and remove the pit.
2. Fill the dates with peanut butter, chop the chocolate into small pieces, and sprinkle over the dates.
3. Top with a pinch of sea salt.



DAY SIX

Rice Cakes

Toppings:

Rice cakes with tahini, banana, and walnuts

Tomato tapenade with alfalfa

Hummus with avocado and alfalfa

How to Make:

1. Spread a thin topping layer on the rice cake. Add the toppings.

Notes:

1. The spreads can be homemade or bought in the supermarket. Of course, you can use your favorite spreads as well. Just make sure not to spread too thick to keep your rice cake healthy!
2. The hummus recipe from Day 1 in this e-book can be used.



Chickpea Pita Gyros

Ingredients (for 2 servings):

Roasted Chickpeas:

250 g canned chickpeas, drained
1 tbsp olive oil
1/2 tsp paprika powder
1/2 tsp oregano
1 tsp garlic powder
1 tsp salt

Vegetables:

100 g cherry tomatoes, halved
100 g cucumber, diced
1/4 red onion, halved and thinly sliced
1 tbsp olive oil
Salt

Tzatziki:

120 g vegan (Greek) yoghurt
1/4 cucumber, peeled, grated,
1 clove garlic, minced
1/2 tsp fresh dill, chopped
1 tsp vinegar
Salt and pepper

To Serve:

Hummus
Whole grain pita bread
Vegan feta cheese
Optional: vegan gyros

How to Make:

1. For the chickpeas: Drain the chickpeas and pat them dry. Heat the oil in a medium pan over medium heat. Fry the chickpeas until lightly browned, and add the spices. Toss regularly.
2. Make the tzatziki: Mix all the ingredients in a bowl and set aside or refrigerate.
3. Prepare the vegetables: Wash and cut the vegetables into small pieces. Mix with 1 tbsp olive oil and season with salt and pepper.
4. Spread hummus in the center of the pita, fill with chickpeas, top with vegetables, tzatziki, and feta.
5. Optional: Add vegan gyros pieces if desired.



DAY SIX

Couscous Bowl

Ingredients (for 2 servings):

Roasted Vegetables:
1 cauliflower
Handful of cherry tomatoes
1 tbsp olive oil
1 tsp smoked paprika powder
1/2 tsp turmeric
Salt and pepper

Other Ingredients:

300 g whole grain couscous
1 avocado
Handful of dried apricots
250 g white beans (cannellini beans)
1 vegan bouillon cube
Handful of fresh parsley

How to Make:

1. Preheat the oven to 180°C and line a baking sheet with parchment paper.
2. Cut the cauliflower into florets, toss with olive oil, smoked paprika, turmeric, salt and pepper, spread on the baking sheet, and roast for 30 minutes.
3. Rinse the cannellini beans with water. Halve the tomatoes and toss with 1 tbsp olive oil and a pinch of salt. Roast the tomatoes and beans in the oven for the last 10 minutes.
4. Bring a pot of water to a boil with a bouillon cube. Add the couscous, remove from heat and let it sit for 10 minutes. Stir with a fork and drain.
5. Make the dressing by mixing all the ingredients in a bowl. Add water if it's too thick—season with salt and pepper to taste. Toss the dressing with the couscous.
6. Chop the apricots into small pieces. Finely chop the parsley and slice the avocado.
7. Serve the couscous with roasted cauliflower, cherry tomatoes, and white beans. Garnish with avocado slices and fresh parsley. Add more dressing if desired.
8. Tip: Store leftovers in the fridge and serve as a cold meal the next day.

For the Dressing:

4 tbsp lemon juice
1 tbsp tahini
1 tsp paprika powder
1 tsp garlic powder
25 g almonds
3 tbsp olive oil



Granola Bar

Ingredients:

40 g mixed unsalted nuts
100 g medjool dates
60 g jumbo oats
35 g nut butter
1 tbsp maple syrup
30 g mixed seeds (chia, hemp, sunflower, pumpkin, flax)
25 g mixed dried fruit like cranberries, raisins, apricots, and/or goji berries
Pinch of sea salt
1/4 tsp cinnamon powder
1/4 tsp ginger powder
1 tbsp coconut oil

How to Make:

1. Preheat the oven to 200°C. Place the oats in a baking dish and toast for about 15 minutes until golden brown, then let cool.
2. Meanwhile, place the nuts and dates in a food processor and process them into a sticky mass.
3. Warm the nut butter and maple syrup in a small saucepan. Add the dates and the remaining ingredients. Knead everything together until you have a cohesive mixture.
4. Spread the mixture on a baking sheet or in a shallow dish and press it down firmly with the back of a spoon. This step is essential, or the bars will fall apart.
5. Place the dish in the fridge for at least two hours, then cut into bars or squares with a sharp knife.
6. Store in an airtight container in the fridge for up to two weeks.



DAY SEVEN

Banana Choco Pancakes

Ingredients (for 6 small pancakes):

1 banana
100 ml almond milk
1 tbsp agave syrup
60 g buckwheat flour (or oat flour)
1 tbsp chia seeds + 3 tbsp water (flax egg)

1 tsp baking powder
1 tbsp vegan dark chocolate
2 tbsp plant-based butter or oil
1 tbsp cocoa powder

Toppings: 1 tbsp white almond butter, banana slices, raspberries, blueberries, shredded coconut

How to Make:

1. Mix 1 tbsp chia seeds with 3 tbsp water in a small bowl and let sit for 5 minutes to create a flax egg.
2. Mash the ripe banana in a bowl. Add the almond milk, agave syrup, and flax egg. Mix everything well with a spoon. Add the buckwheat flour, baking powder, and a pinch of salt to the bowl. Remix everything with a whisk or fork.
3. Finally, add the chocolate chips and cocoa powder to the batter and stir to combine.
4. Heat some plant-based butter in a frying pan over medium heat. Scoop 3 tbsp of pancake batter into the pan and cook until the top starts to bubble and the edges set. If your pan is large enough, you can make multiple pancakes at once.
5. Flip the pancakes after a few minutes and cook the other side for a few minutes.
6. Repeat for all pancakes. You should get about six pancakes from the batter.
7. Serve the pancakes with almond butter, banana slices, and fruit.
8. Tip: This recipe makes 1-2 servings. Store the rest in the fridge or freeze them if it's too much.



Mexican Burrito

Ingredients (for 1 serving):

2 whole grain wraps (or vegetable wraps)
100 g brown rice
50 g corn
50 g brown beans
1 tomato
1 onion
1/2 lime
2 cloves garlic
2 tbsp soy sauce
1/2 tsp chili flakes
1 tsp cumin powder
1 tsp smoked paprika powder

Optional:

Guacamole
Salsa sauce
Vegan yoghurt
Nacho chips

How to Make:

1. Cook the rice according to the instructions on the package.
2. Chop the onion and garlic finely and sauté in a pan. Add the beans and chickpeas to the pan.
3. Dice the tomato and red pepper and add them to the pan along with the spinach. Then add the cumin and paprika powder.
4. Warm the wraps briefly in a pan, microwave, or oven.
5. In the center of the wraps, create a bed of rice, add guacamole, soy sauce, and half of the mixture from the pan. Fold the bottom of the wrap upward, then fold the right side inward and roll up the left side tightly into a neat roll.



DAY SEVEN

Spring Rolls

Ingredients (for 8 spring rolls):

For the Vegan Spring Rolls:
100 g whole grain rice noodles
8 rice papers
8 lettuce leaves
1 carrot (julienne cut)
1/2 mango (julienne cut)
1/2 cucumber (julienne cut)
1/4 red cabbage (julienne cut)

For the Peanut Dip Sauce:

2 tbsp peanut butter
1 tbsp soy sauce
1 tbsp maple syrup or agave syrup
Splash of water

How to Make:

1. Soak the rice noodles in warm water until al dente, rinse under cold water, and drain well.
2. Mix the peanut butter with soy sauce and enough water to create a smooth dip sauce. Add maple syrup or agave syrup to taste.
3. Fill a large dish with warm water and briefly soak one rice paper. Place the rice paper on a damp cutting board. Place a lettuce leaf on the rice paper, followed by a bit of julienne-cut carrot, cucumber, mango, red cabbage, and rice noodles.
4. Roll up the rice paper tightly like a burrito—fold the bottom over the filling, fold in the sides, and then roll upward. Repeat with all the rice papers.
5. Serve as whole rolls or slice them into smaller rounds. Serve immediately.
6. Tip: This recipe is for one person. To serve more, double the vegetables and make a salad.



Appel Nacho Snack

Ingredients (for 1 serving):

1 apple
Cinnamon
1 tsp dark chocolate spread
Cacao nibs or dark chocolate chips
Shredded coconut

How to Make:

1. Remove the core from the apple.
2. Slice the apple into thin slices.
3. Sprinkle cinnamon and 1 tsp dark chocolate spread (or peanut butter) over the apple slices. Top with cacao nibs and shredded coconut.



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I wish you all a healthy
happy life!

Love, Ieke

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