

Breakfast: *Overnight Oats* | 2 people | make ahead

## INGREDIENTS

2 ripe bananas  
1 cup steel cut oats  
4 tbsp chia seeds  
1/2 tsp ground cinnamon  
1/4 tsp maple syrup  
1 1/2 cups unsweetened soy milk  
1 cup fresh or frozen berries



## INSTRUCTIONS

1. Mash the bananas in a bowl
2. Add all the other ingredients, except the berries, and mix well.
3. Stir in the berries.
4. Divide your mixture into two mason or small sealable containers and pop in the fridge for the morning.

Lunch: *(make-your-own) Buddha Bowl* | 2 people

## INGREDIENTS

2 cups cooked brown rice or quinoa  
2 large handfuls of salad leaves  
1 small sweet potato, sliced and roasted  
2 cups mixed chopped vegetables  
(such as carrots, sweet peppers, avocados, cucumber, tomatoes, broccoli, mangetout, edamame, sweetcorn etc)  
1/2 cup protein  
(such as tempeh, smoked tofu, black beans)  
2 tsp sesame seeds  
2 tbsp low sodium soy sauce  
1/2 tbsp rice vinegar  
1/2 tsp red chilli flakes  
1/2 tsp maple syrup  
1/4 tsp fresh grated ginger



## INSTRUCTIONS

1. Make the sauce by mixing the soy sauce, rice vinegar, chilli flakes, maple syrup and grated ginger together in a small bowl and set aside.
2. Layer the rice or quinoa at the bottom of two bowls or medium sealable containers. Top with the salad leaves, followed by the sweet potatoes and chopped vegetables and then your protein.
3. Serve with the sauce and sesame seeds.

Dinner: *15-Min Chana Masala* | 2 people

## INGREDIENTS

2 cups cooked brown rice  
1/2 leek or onion, chopped  
1/4 tsp bouillon  
1/2 tsp olive oil  
1/2 tbsp ginger grated  
1 medium green chilli, chopped  
1 tsp ground cumin  
1/2 tsp ea. ground coriander & ground turmeric  
1/4 tsp cayenne pepper  
400g can chopped tomatoes  
400g can chickpeas, drained and rinsed  
1 tsp garam masala  
1/4 lemon - juice  
Salt and black pepper to taste  
4 tbsp fresh coriander



## INSTRUCTIONS

1. On medium, in a large saucepan, cook the leek/ onion with 4 tbsp of water and bouillon for 4 mins.
2. Add in the oil, ginger, chilli, cumin, coriander, turmeric and cayenne pepper. If needed, add a couple of tbsp of water to create a paste with the spices and cook for another minute until the spices become even more fragrant.
3. Add in your chopped tomatoes and chickpeas and continue to cook for another 5 minutes to allow the sauce to heat up and thicken. Once you've reached your desired sauce consistency, turn the heat off and stir in the garam masala and lemon juice. Season to taste. Serve with the rice and chopped coriander.