JOYFULL
5 DAY MEAL PLAN

This meal plan, just like my cookbook JoyFull, is merely a guide, a base for you to explore, play and learn in your kitchen. Whether your goal is to cook more at home, to eat more plant based meals or to remind yourself that you do not have to choose between food that makes you feel good and food that brings you joy. This has been created to help you with it all!

There are so many small hurdles and barriers that exist between us wanting to cook and it actually happening. Whether it's knowing you have the ingredients you need, not having go-to recipes when you're craving take out, or not having the time you need to plan healthy meals.

I hope this plan serves as a reminder that YOU can do it, that it's possible, and that you are capable of nourishing yourself.
Oh! And that it's (hopefully) easier than you thought!

HOW TO USE THIS MEAL PLAN:

If you're someone that wants variety daily and has the time to cook M-F, use this as is. If not, you can make the dishes last over a couple days, pick the options that appeal to you the most. Modify as you wish!

There are links to recipes on my website and others which are in the 'exclusive recipes' section below

And remember, mistakes happen in and out of the kitchen, its part of the journey (and makes the food taste even better when you get it right). No time in the kitchen is a waste of time because it's time invested in you. Be gentle and kind to yourself on this journey, the world is hard enough girl, make sure you're rooting for you!

MEALS THAT TASTE GOOD & MAKE YOU FEEL GOOD TOO

MONDAY

BREAKFAST

Masala Scrambled Tofu On Toast
protein shake (optional)

LUNCH

Best Salad Ever - with Salt & Pepper Tofu

DINNER

Salt and Pepper Tofu Stir Fry
OR
Rainbow Noodle Stir Fry



MEALS THAT TASTE GOOD & MAKE YOU FEEL GOOD TOO

TUESDAY

BREAKFAST

Turmeric Overnight Chia Oats

LUNCH

Red Rice Lentil Salad
OR
Pizza Quesadilla

DINNER

Creamy Mushroom & Sundried Tomato Pasta



MEALS THAT TASTE GOOD & MAKE YOU FEEL GOOD TOO

WEDNESDAY

BREAKFAST

Tahini Mushroom Avocado Toast

LUNCH

Quinoa & Roasted Veggie Salad

DINNER

Sticky Shiitake Mushroom Fried Rice



MEALS THAT TASTE GOOD & MAKE YOU FEEL GOOD TOO

THURSDAY

BREAKFAST

Strawberry & Kale Protein Smoothie

LUNCH

Rainbow Veggie Bowl

DINNER

Saag Tofu With Rice 4 Ways



MEALS THAT TASTE GOOD & MAKE YOU FEEL GOOD TOO

FRIDAY

BREAKFAST

Protein Yoghurt With Maple Pecan Granola

LUNCH

Spiced Avocado Toast

DINNER

Creamy Veggie Pasta Bake
OR
Stuffed Sweet Potato



EXCLUSIVE RECIPES



SALT & PEPPER TOFU



Serves 4
Total Time: 30 minutes

Ingredients

1 16-ounce block extra-firm tofu
2 tablespoons sunflower or avocado oil
11/2 tablespoons liquid aminos, tamari, or soy sauce
1 teaspoon light brown sugar
3/4 teaspoon freshly ground black pepper
1/8 teaspoon sea salt
2 tablespoons cornstarch

Method

Press the tofu. Meanwhile, prepare in a medium bowl, whisk together 1 tablespoon of the oil, 1 tablespoon of the liquid aminos, the brown sugar, 1/2 teaspoon of the pepper, and the salt.

Unwrap the tofu and cut it into 1/2-inch cubes. Add the tofu to the marinade and toss well to coat. Set aside to let the tofu soak at room temperature for 10 minutes.

Use a slotted spoon or spider to transfer the tofu to a large bowl, shaking off any excess marinade. Sprinkle the cornstarch and the remaining 1/4 teaspoon black pepper over the tofu. Toss carefully to coat to avoid crumbling the tofu.

In a large nonstick skillet, heat the remaining 1 tablespoon oil over medium-low heat. Add the tofu cubes and cook undisturbed, letting them sizzle and crisp, about 2 minutes. Continue cooking and flipping the tofu until crispy on all sides (a thin metal spatula works well for this). Drizzle the remaining 1/2 teaspoon liquid aminos over the tofu, carefully toss to coat, and stir-fry for just another minute.

Remove the pan from the heat. Serve immediately.

RED RICE & LENTIL SALAD WITH TAHINI BALSAMIC



Serves 4
Total Time: 35 minutes

Ingredients

Salad:

½ cup uncooked red rice, rinsed and drained
½ teaspoon sea salt
1 dried bay leaf
1 cup cooked green lentils
1 cup (½-inch) chopped red bell pepper
½ cup finely chopped celery
½ cup chopped fresh parsley leaves
½ cup finely chopped cucumbers
½ cup finely chopped pickled peppers
¼ cup sliced cherry tomatoes

Balsamic Dressing:

3 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
½ tablespoon agave nectar
1 teaspoon Dijon mustard
½ teaspoon sea salt
½ teaspoon dried Italian herb seasoning
1/8 teaspoon freshly ground black pepper

Method

Make the salad: In a medium saucepan over medium-high heat, add the rice, salt, bay leaf, and 1 cup of water. Bring the mixture to a boil, cover, and reduce the heat to a simmer. Cook for about 15 minutes, or until rice is al dente. Alternatively, cook according to package directions. Remove the pan from the heat and set aside, still covered. Let cool for 5 minutes and fluff the rice with a fork. Remove and discard the bay leaf and let cool, uncovered, while you make the dressing.

Make the dressing: In a lidded jar with a tight-fitting lid, add the olive oil, balsamic, agave,mustard, salt, Italian herbs, and pepper. Seal the jar tightly and shake well to combine.Assemble the salad: In a large bowl, combine the cooked rice, lentils, bell peppers, celery, parsley, cucumbers, pickled peppers, and tomatoes. Add the dressing and toss well to coat.
Serve immediately.

PIZZA QUESADILLA



Makes 4 quesadillas
Total Time: 30 minutes

Ingredients

1 tablespoon extra-virgin olive oil
2 cups grated zucchini
1 cup grated cauliflower
1 cup shredded green cabbage
½ cup chopped green or red bell peppers
¼ cup fresh or frozen sweet corn kernels
1 teaspoon sea salt
¼ teaspoon asafoetida
1 cup canned tomato puree
1 cup shredded vegan mozzarella
½ cup pitted black olives, sliced
2 tablespoons finely chopped jalapeño pepper
2 tablespoons finely chopped fresh basil leaves
1½ tablespoons dried oregano
1 tablespoon dried parsley leaves
Cooking spray, for the pan
8 (6-inch) tortillas or wraps (I like the Siete almond flour tortillas)
Nondairy sour cream or thick unsweetened nondairy yogurt, for serving

Method

Heat the olive oil in a large skillet over medium heat. Add the zucchini, cauliflower, cabbage, bell pepper, sweet corn, salt, and asafoetida. Cook, stirring frequently, until the vegetables have softened, 5 to 7 minutes. Stir in the tomato puree, ¼ cup of the cheese, the olives, jalapeño, basil, oregano, and parsley.

Lightly coat a large skillet with cooking spray and set over medium heat. Warm 2 of the tortillas for 30 seconds on each side.

Sprinkle 1½ tablespoons of the cheese evenly over one of the tortillas. Top with 2 to 3 tablespoons of the vegetable filling, followed by another 1½ tablespoons of the cheese. Top with the other tortilla and press down gently. Once the bottom tortilla is crispy and the cheese has begun to melt, flip the quesadilla. Cook until it the tortilla is crisp and all of the cheese has melted, 2 to 3 minutes. Repeat with the remaining tortillas and fillings.

Cut the quesadillas into wedges and serve with the sour cream.

STRAWBERRY& KALE PROTEIN SMOOTHIE



Serves: 1
Total Time:10 minutes

Ingredients
Handful of frozen strawberries
Handful of curly kale
2 scoops vanilla protein powder
2 cups of nondairy milk

Method
Add all the ingredients into a blender and blend until smooth.
Serve over ice (optional)

SAAG TOFU WITH RICE 4 WAYS



Serves 2
Prep time: 5 minutes
Cook time: 15 minutes
Total time: 20 minutes

Ingredients

1½ tablespoons nondairy butter
4 packed cups spinach leaves
½ cup unsweetened Oatly cream or coconut cream
or 1 cup full-fat coconut milk
1 teaspoon whole cumin seeds
2 dried bay leaves
1 teaspoon finely grated fresh ginger
½ teaspoon minced hot green chili, such as Indian or Thai
½ teaspoon garam masala
½ teaspoon sea salt
¼ teaspoon asafoetida
1 teaspoon cornstarch, if needed
2½ cups firm tofu
Plain nondairy yogurt or cream, for serving

Method

Melt ½ tablespoon of the butter in a large skillet over medium heat. Add the spinach and cook, stirring, until it wilts, about 5 minutes. Remove the pan from the heat. Transfer the cooked spinach to a food processor, add the cream, and process until completely smooth. Return the skillet to medium heat and add the remaining tablespoon of butter. Add the cumin seeds and cook until they pop, about 1 minute. Stir in the bay leaves, ginger, green chili, garam masala, salt, and asafoetida and cook, stirring, until fragrant, about 1 minute.

Add the spinach puree and reduce the heat to low. Cook, stirring occasionally, until the flavors have come together, about 7 minutes. If you feel the mixture is too thick, you can thin it with ¼ cup of water. If you find it too thin, whisk together the cornstarch and 2 teaspoons of water until smooth. Add this slurry to the spinach mixture and cook, stirring frequently, for another 3 minutes while it thickens.

Stir in the protein paneer or tofu and cook until heated through, about 5 more minutes. Remove the pan from the heat. Remove and discard the bay leaves. Swirl in a little yogurt or cream on top and serve.

PROTEIN YOGHURT WITH BERRIES & MAPLE GRANOLA



Serves 8
Total Time: 40 minutes

Ingredients

Protein Yoghurt
1 cup plain unsweetened non-dairy yoghurt
2 scoops of vanilla protein powder
1 cup mixed berries
1 cup store bought granola or homemade maple pecan granola

Maple Pecan Granola
3 cups rolled oats
½ cup raw pumpkin seeds
½ cup chopped raw pecans
½ cup raw sunflower seeds
¼ cup flax or chia seeds
¼ cup unsweetened dried shredded coconut (optional)
¼ cup raw goji berries (optional)
½ cup maple syrup or date syrup
½ cup unsweetened almond butter
2 tablespoons coconut oil, melted
2 teaspoons vanilla extract

Method

Yoghurt
Mix yoghurt and protein powder together till smooth, top with berries and granola.

Granola
Preheat the oven to 325°F. Line a baking sheet with parchment paper and set aside. In a large bowl, combine the oats, pumpkin seeds, pecans, sunflower seeds, flax or chia seeds, coconut (if using), and goji berries (if using). Add the syrup, almond butter, coconut oil, and vanilla and mix with a spatula or spoon until thoroughly combined.

Spread the mixture over the prepared baking sheet and bake until golden brown, 25 to 30 minutes. The granola may feel soft when you first take it out, but it will become crunchy as it cools.

Let the granola cool completely, then break it into large or small chunks as desired. Store in a sealed container at room temperature for up to 1 week.

SNACK OPTIONS

Hummus & Crudites
Apple & Almond Butter
Celery With Peanut Butter & Raisins
Handful of Nuts
Oat, Flax and Caraway Crackers
Homemade Cheesy Dill Popcorn
Cashew Queso Dip with crudités or tortilla chips

SWEET TREATS

Buckwheat Almond Flour Cookies
Apple Blackberry Crumble
Stuffed Dates



WILL I GET ENOUGH PROTEIN ON A VEGAN DIET?

YES!!! There are so many great sources of plant-based protein. Animals get their protein from the plants they eat so we're just going right to the source! Not all plant foods give you the complete set of amino acids required by the body so It is important to combine different types of plant proteins.

Some of my favorite protein-rich foods include tofu, edamame, peas, lentils, beans, nuts, seeds, pea protein chunks and whole grains. I like to use pea protein powders too!

Vitamin B12, vitamin D and omega 3 are less abundant in plant sources so supplementation may be suitable. A simple multivitamin is a great option to ensure you have adequate supply. But if you have a colorful varied diet you're most likely getting everything you need!

IF YOU DON'T WANT TO TAKE SUPPLEMENTS, TRY TO INCORPORATE THESE INTO YOUR DIET:

- Vitamin B12: nutritional yeast, marmite, fortified cereals, and plant milks
- omega 3: chia seeds, algae, flax seeds, walnuts, hemp, and kiwis
- vitamin D: sunlight and fortified foods

