

5-day vegan meal plan - Purple

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Alpro Greek yogurt with warm blueberry sauce Serves 1 Prep time 5 mins Cook time 10 mins Put 50g blueberries & ½ tsp light brown sugar in a small saucepan, add a splash of water & cook over a medium heat for 5-7 mins. Remove from the heat, stir in the zest of ¼ lemon & 1 tsp lemon juice . Gently swirl the warm berry sauce into 150g plain soya yogurt & top with 1 tblsp flaxseeds .	Porridge with blueberries Serves 1 Prep time 5 mins Cook time 10 mins Combine 30g porridge oats with 150ml Alpro coconut original drink & cook to pack instructions. Top with a handful of blueberries , 1 tblsp plain soya yogurt , 1 tsp agave syrup & 6 chopped almonds .	Avocado on toast Serves 1 Prep time 5 mins Cook time 5 mins Toast 2 slices WW Thick Sliced Wholemeal Bread , mash 50g avocado & spread on the toast. Top with 5 chopped cherry tomatoes & a pinch of chilli flakes .	Winter fruit salad Serves 1 Prep time 10 mins Chop 1 pear , 1 apple , 1 fig & 1 orange . Put in a bowl with the juice of ½ lemon , 1 tsp agave syrup & a pinch of cinnamon . Stir ½ tsp grated fresh ginger through. Serve with 150g plain soya yogurt .	Breakfast sausage wrap Serves 1 Prep time 5 mins Cook time 5 mins Cook 1 Quorn vegan sausage to pack instructions. Heat ½ tsp olive oil in a small frying pan & cook ½ sliced red onion for 5 mins. Add a handful of spinach & cook until wilted. Heat 1 WW Wholemeal Wrap in the microwave to pack instructions. Chop the sausage & place on the wrap with the onion, 1 tblsp tomato chutney & a handful of coriander leaves . Roll up & serve.
Mixed bean salad Serves 1 Prep time 10 mins Drain & rinse ½ tin of mixed bean salad in water, put in a bowl with 1 tsp capers , 1 spring onion , ¼ cucumber , ¼ avocado & ½ red pepper , all finely chopped. Stir in 1 tsp finely chopped mint leaves & 1 tsp olive oil . Mix in a handful of rocket , serve topped with 1 tblsp reduced-fat houmous .	Cauliflower 'rice' burrito bowls Serves 1 Prep time 5 mins Cook time 10 mins Mist a frying pan with calorie controlled cooking spray & heat 150g cauliflower rice for 5 mins. Transfer the cauliflower to a large bowl, add a pinch of ground coriander , ground cumin & smoked paprika & 1 tsp olive oil , season & stir to combine. Top with ½ tin drained & rinsed black beans , 50g cooked sweetcorn & 50g sliced avocado . Serve with 1 tblsp tomato salsa .	Edamame salad Serves 1 Prep time 5 mins In a bowl, toss together a large handful mixed salad leaves , 1 finely sliced spring onion , 1 deseeded & sliced red pepper , 50g sliced cucumber & 50g halved cherry tomatoes . Drizzle over 1 tblsp balsamic vinegar . Gently stir in 20g cooked edamame beans , 20g cooked peas & 20g crumbled Violife 100% Greek White Block . Season & serve.	Spinach & mushroom baked potato Serves 1 Prep time 5 mins Cook time 35 mins Preheat oven to 220°C. Prick 150g baking potato all over with a fork. Microwave on High for 10 mins. Transfer to a baking tray & bake for 25 mins. Meanwhile, mist a frying pan with calorie controlled cooking spray & cook 100g sliced mushrooms & ½ crushed garlic clove for 3 mins. Add a handful of spinach & cook until wilted. Place 1 tsp dairy free spread on the potato. Top with the mushroom & spinach mixture.	Coronation chickpea open sandwich Serves 1 Prep time 5 mins Cook time 5 mins Put 10g mango chutney , 1 tblsp plain soya yogurt , ½ tsp curry powder & 1 tsp lemon juice into a bowl, stir to combine. Add ½ tin chickpeas , 1 tsp chopped coriander & 5g sultanas , season & stir to combine. Toast 50g slice sourdough & top with the chickpeas & a handful of rocket .
Pasta with roasted red pepper sauce Serves 4 Prep time 5 mins Cook time 5 mins Mist a nonstick pan with calorie controlled cooking spray , fry 1 roughly chopped red onion & 2 crushed garlic cloves over a medium heat for 3-4 mins until just softened & starting to colour. Stir in ¼ tsp chilli flakes & remove from the heat. Transfer the mixture to a food processor & add 3 roasted red peppers in brine (drained), 1 tblsp fresh thyme leaves & 50ml water, then blitz until smooth, then season. Serve with 520g cooked wholewheat pasta divided between plates.	Mixed mushroom curry Serves 4 Prep time 10 mins Cook time 15 mins Blitz 1 chopped onion , 15g chopped ginger & 2 chopped garlic cloves in a food processor with 2 ½ tblsp water . Mist a large, deep nonstick pan with calorie controlled cooking spray & cook the onion mixture over a medium heat for 2-3 mins. Add 1 ½ tsp curry powder , cook for a further minute. Pour in 350ml vegetable stock , made with 1 stock cube , stir to combine. Roughly chop 600g mixed mushrooms & add to the pan. Simmer & cook for 10 mins. Remove curry from the heat & stir in 50g plain soya yogurt & 5g chopped coriander . Season & serve with 320g brown rice cooked to pack instructions.	Tomato & chickpea stew Serves 4 Prep time 10 mins Cook time 20 mins Mist a large nonstick pan with calorie controlled cooking spray & cook 2 green deseeded & sliced peppers over a medium heat for 4-5 mins, until softened. Add 2 crushed garlic cloves & cook for 1 min, then add 8 chopped tomatoes , 2 x 400g tins chickpeas , 2 tblsp tomato purée & 2 tblsp harissa paste . Stir in 100ml cold water , season well, & bring to a boil. Reduce to a simmer, cover & cook for 10-12 mins. Divide the stew between bowls, top with chopped fresh parsley & serve with 4 x 60g warm wholemeal pitta breads .	Pho - Eat out Phở Xào - Tofu & Mushroom 11	Tofu kebabs & rice salad Serves 4 Prep time 15 minutes + pressing + marinating Cook time 10 mins Press 400g firm tofu for 30 mins, then drain. Cut into 16 cubes. Put 4 tblsp soy sauce , 2 tblsp lime juice , 1 tblsp grated fresh ginger & 1 finely sliced red chilli into a shallow bowl, mix well then add the tofu & stir to coat. Marinate in the fridge for 2 hrs. Thread the tofu onto the skewers, alternating with 1 sliced red pepper , 1 sliced aubergine & 1 sliced courgette . Mist with calorie controlled cooking spray . Cook for 3-4 mins each side in a griddle pan over a medium-high heat. Meanwhile, make the salad. Toss 500g cooked brown rice , a trimmed & sliced bunch of spring onions , handful of chopped fresh coriander & 2 tblsp lime juice together in a serving bowl, season & serve with the kebabs.
Snacks WW Crispy Vegetable Straws 2 Fresh fruit with 4 chopped walnut halves 3	Snacks 150g plain soya yogurt with fresh fruit & 1 tblsp flaxseed 2 2 tblsp reduced-fat houmous with vegetable crudités 4	Snacks Fresh fruit 2 4	Snacks 1 tblsp reduced-fat houmous with vegetable crudités 2 2	Snacks Fresh fruit 0 WW Crispy Vegetable Straws 2
16	16	16	14	16