

# Welcome to your Six Weeks of Plant Based Eating.

I cook instinctively.

I rarely use a cook book.

I want to help you become  
an instinctive cook by using your senses:  
eyes, smell, touch and taste and essential  
recipes that you cook once  
and enjoy all week.



# Now let's get started?

Keep it simple. Don't over think it.  
Let go of perfection.

All these patterns can prevent you from taking the first step. My idea is for you to replace one, or better yet, two to three days of your week's meals to vegetarian/vegan options. I have also removed all sugar and gluten from my kitchen so you won't find it any of my recommendations.



# The Protein Myth?

Most people first ask where you get the protein from on a plant based diet. Fair question.

There are so many misconceptions about protein. There is this idea that we need protein. Protein is made up of amino acids. We need amino acids and fortunately there are plenty of plant based food that are full of them. Such as grains, nuts, beans, lentils, quinoas, spinach and broccoli: to name a few. We don't need very much.

Excess protein intake can cause an acidic body and inflammation.

'There is nothing more manly than eating a steak.' This is just hype. The country that has the highest rate of meat consumption also has the higher rate of heart disease. Saturated fat leads to elevated cholesterol which leads to heart disease and strokes. Also, animal protein has been linked to the activation of pre-cancer cells. Inflammation is the cause of so many problems. Meat and Dairy (and processed food) are among of the most acidic foods.



# How my recipes work for you

I cook instinctively. I very rarely use a cook book. I'm a visual learner so I get all my inspiration using my senses, eyes, smell, touch, taste. If it looks appetising in a picture, I can visualise myself cooking it. (Unless it's a cake... when you do need exact instructions). Basically, put on some music, pour yourself a glass of kombucha or wine, relax and have some fun!

Rather than give you recipe after recipe I want you to surround yourself with the right flavours, tools, sauces and ingredients that can be interspersed with every recipe you are cooking so you will be creating your version of my recipes.

## The basics are my secret weapons.

They are the essential flavourings that add that last minute burst of flavour to your foods and make them stand out delicious!

My recipes are a guide. I would like to teach you to make your own choices and decisions which in turn will give you confidence to put foods, flavours and textures together to produce a delicious meal that looks effortless but packs a punch.

The key is in the preparation and planning. We have started the course on Thursday, which gives you time to decide what you are going to do first. There is a lot of information and I suggest you find some time to make one or two things to get you going.

In my weekly recipes I have highlighted a recipe a day. Then I give you my variation that can be interchanged and added to different dishes to add the extra specialness.

## Cook Once – Eat All Week

Here are 3 recipes that can be cooked in batches. You can come back and use them in a different guise throughout the week.

**Use the 'How Caroline eats it' and 'Abracadabra' of flavourings, sauces, toppings to transform them into different dishes.**

## Plant eater every day – Dahl

I make this every week. It's great on its own or added to other meals. It's nourishing and the best comfort food!

1 tsp garam masala  
 2 tsp turmeric  
 1 tsp chili powder  
 1 carrot grated  
 2 tsp ground cumin seeds  
 2 tsp ground mustard powder  
 3 garlic cloves, crushed  
 2cm piece ginger  
 1 onion, chopped  
 30g olive oil  
 400g water  
 400g canned coconut milk  
 130g red lentils, sieved, rinsed and drained  
 350g chopped fresh tomatoes  
 80g lime juice and coriander

**Dry fry the spice mix**

Add the onion, garlic and crushed ginger. Cook until translucent

Add the red lentils, chopped tomatoes, coconut milk, carrot and water.

Cook and simmer for 20–25 minutes. Add lime juice, coriander and seasoning to taste.

### How Caroline eats it

#### For Flavour

- Mango Cashew and Lime Mayonnaise – counteracts the spice
- Fresh herbs, thyme, coriander or oregano
- Squeeze of Lime Juice

#### For Carbs

- Live Giving Bread
- Brown Cooked Rice – makes it go further
- Roasted pumpkin

#### For Texture

- Superseed Crunch
- Crunchy Bean Salad
- Spring Greens

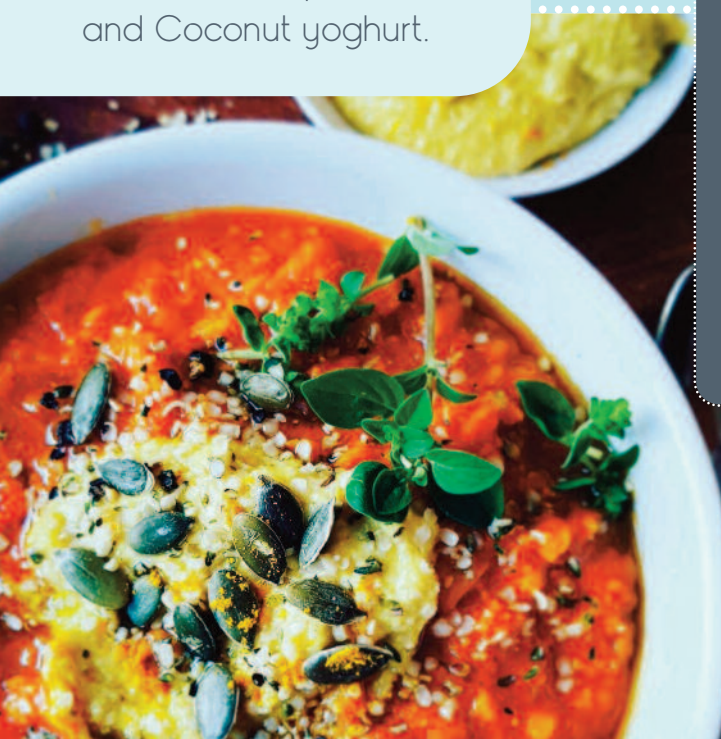
#### For Cooling down

- Coconut Yoghurt
- Mango Cashew and Lime Mayonnaise
- A dollop of Avocado Hummus works well too

### Abracadabra

Puree and add extra tomatoes to make into a soup consistency.

Add Avocado Hummus, fresh herbs, Super seeds and Coconut yoghurt.



## One Pot Bean and Vegetable Stew

Serve this with grilled chicken, fish or lamb cutlets. Puree it to make a lovely soup. Drizzle with virgin olive oil, and serve with buckwheat.

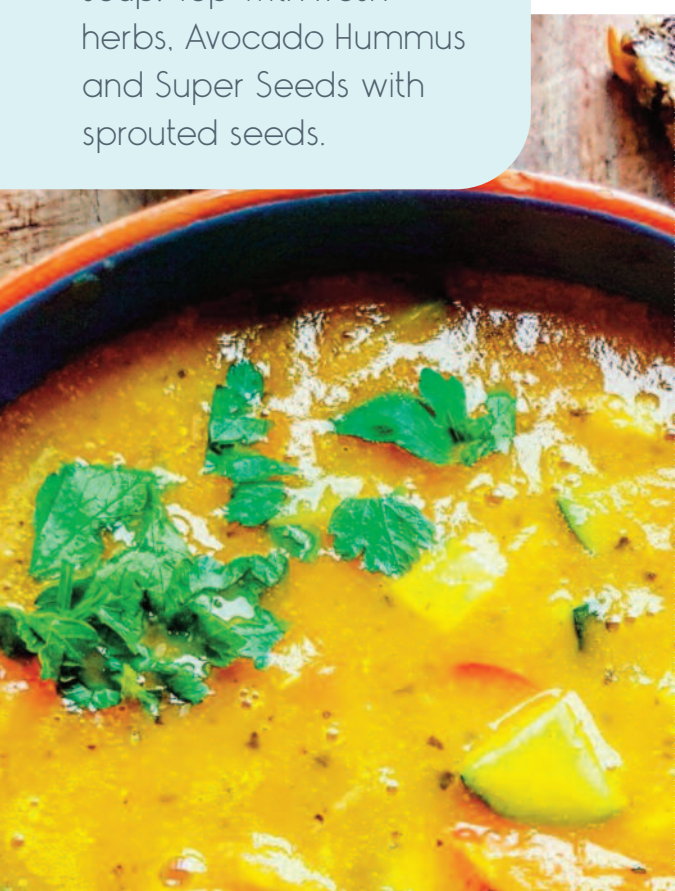
1 tbsp olive oil or coconut oil  
 1 onion, peeled and sliced  
 2 garlic cloves, crushed  
 2 carrot, peeled and diced  
 2 parsnips, peeled and diced  
 2 celery stalks, chopped  
 250g swede, peeled and diced  
 1 tbsp Italian Seasoning,  
 such as oregano, thyme or basil  
 600ml hot vegetable stock  
 400g can chopped tomatoes  
 220g butter beans, pinto or  
 cannelloni will also do  
 100g courgette, finely diced  
 a handful of chopped basil  
 Grated vegan cheese to serve

Heat the oil in a large pan, add the onion and fry slowly for 5 minutes. Add the garlic, other vegetables and herbs, cover and fry over a medium heat for 5 minutes with, until they start to soften.

Pour the stock and canned tomatoes, bring to the boil, cover and simmer for 10 minutes. Stir in the beans and courgettes and cook for another 5 minutes, until the vegetables are tender. Remove and set aside half the ingredients and puree the remaining. Mix together. Serve, sprinkle with basil and grated vegan cheese.

### Abracadabra

Puree to make a smooth soup. Top with fresh herbs, Avocado Hummus and Super Seeds with sprouted seeds.



### How Caroline eats it

#### For Flavour

- Add depth with leftover dahl left or ratatouille
- A dollop of Avocado Hummus works well
- Extra Drizzle of Virgin Olive oil
- Sea Salt and Ground Black Pepper

#### For Carbs

- You've already got them in the soup.
- Life Giving Bread with Avocado and Sauerkraut

#### For Texture

- Super Seed Mix
- Zaatar mix
- Sprouted Seeds

#### For Cooling down

- Coconut Yoghurt

## Provençale Ratatouille

One of my all-time favourites. Its important to cut all the vegetables into the same size pieces so they cook at the same time. This is another dish that improve the next day eat cold or hot depending on the weather.

120g brown onion  
 4 garlic cloves  
 300g ripe tomatoes, cut into pieces or semi dried tomatoes  
 3 tbsp tomato paste  
 100g red pepper, cored and cut into pieces  
 generous handful of fresh herbs such as basil, marjoram, parsley, rosemary or 1 tbsp Italian dried herbs  
 1 tsp salt  
 ground black pepper  
 300g aubergine, cut into pieces  
 200g courgette, cut into pieces  
 chopped parsley to serve  
 Plenty of Olive oil

Finely chop the onion and garlic.

Add the olive oil to a large pan and sauté the onion mix for 5 minutes.

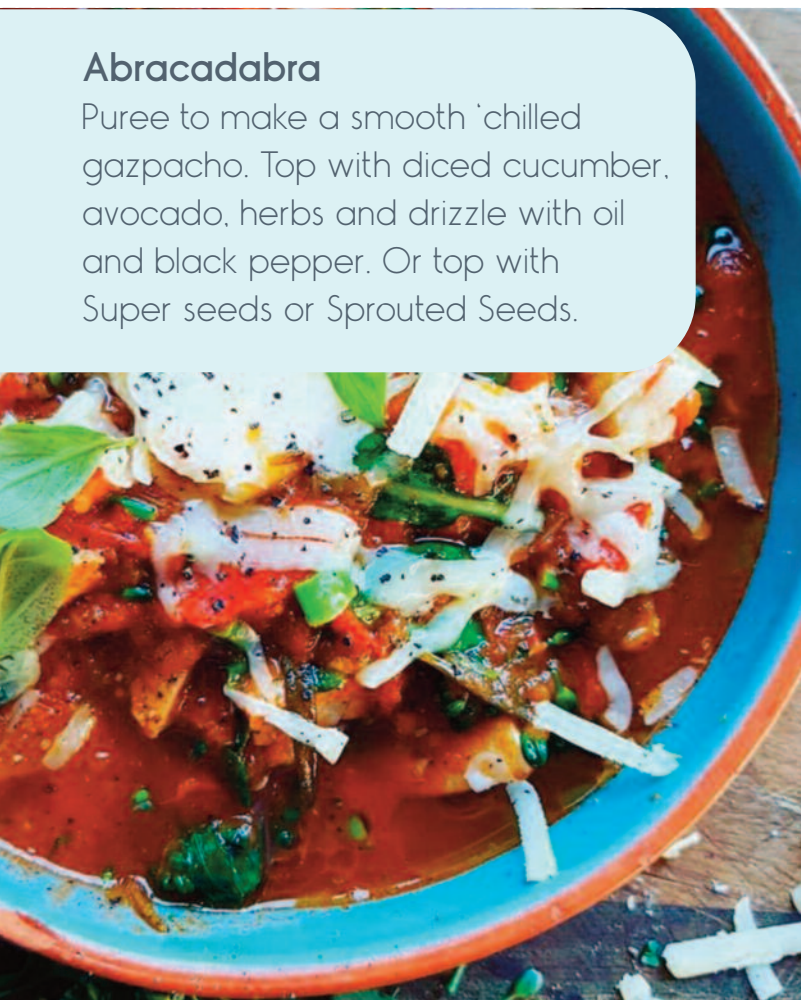
Add the tomatoes, tomato paste, red pepper, mixed dried herbs, salt and ground black pepper and cover and cook for 15 minutes.

Add the aubergine and courgette and cook for a further 15 minutes.

Serve with some fresh parsley. I always make this a day ahead which allows the flavours to develop.

### Abracadabra

Puree to make a smooth 'chilled gazpacho. Top with diced cucumber, avocado, herbs and drizzle with oil and black pepper. Or top with Super seeds or Sprouted Seeds.



## How Caroline eats it

### For Flavour

- Mediterranean Herbs – rosemary, thyme oregano
- Extra Olive Oil drizzle
- Grated vegan cheese
- Squeeze of lemon juice
- A dollop of Avocado Hummus is delicious

### For Carbs

- Live Giving Bread
- Brown Rice
- Roasted pumpkin

### For Texture

- Green Salad Leaf
- Spring Greens
- Sprouting Seeds
- Super seed Crunch

### For Meat eaters

- Serve with grilled chicken or fish

# Top Pantry Ingredients (page 1/4)

Creating a healthier lifestyle is about making small consistent changes every day that will lead to bigger changes in your life.

Over the next few weeks I will be sharing with you my favourite healing plant foods using these staple ingredients. Let's kick off with my favourite superfood staples that are in my pantry.

Here are some basics I've got in my cupboard now.

**Quinoa** – is pure protein. Add to salads and soups and the flaked quinoa is the base of my life giving bread. Packed with great nutrients including protein.

**Coconut Flakes** – are a metabolism booster and a great source of fibre and healthy fats. Add to shakes or mix with seeds and nuts for a snack.

**Buckwheat** – boasts a myriad healthy benefits. Add to salads and soups.

**Brown Rice** – I like brown rice is my everyday staple, it's very cleansing and takes a bit longer to cook. But I like to cook a large batch at the beginning of the week and keep leftovers in the fridge for adding to salads, soups.

**Flax seeds** – Help in the promotion of regular bowel movement. Add to smoothies, soups or scatter over vegetables, add to my life giving bread.

**Sunflower Seeds** – Great source of Vitamin E. It's in my super seed and Life Giving Bread. Great lightly toasted or sprouted and sprinkled over salads and soups.

**Ginger** – contains potent anti-inflammatory compounds. Great sliced and added to my cleansing, cumin and black pepper water. Also essential in dahl and stir fries.

**Seaweed** – helps alkalise the body. It has a high amount of anti-inflammatory essential fatty acid. Add to soups and stews. Roll up your vegetables in seaweed.

**Pepitas** – (pumpkin) are rich in zinc vital for the immune system and wound healing. Use in baking and mix in the super seed snack mix.



# Top Pantry Ingredients (page 2/4)

**Tamari** – is a healthy gluten free alternative to soy sauce. Tamari has several unexpected health benefits. Use to add salty flavours to dishes, add to dressings and dips, shake it onto steamed vegetables or use it as a cooking 'oil' for mushrooms.

**Extra Virgin Olive Oil** – It's a good choice for bolstering the immune system. Look for cold-pressed extra virgin olive oil, which is healthier and has a fuller flavor. Use as a dressing or in dips, and remember not to heat too high as it has a low burning point.

**Coconut Oil** – is a healthy saturated fat that supports the immune system functions. It is a safe oil to use for cooking as it has a high burning point. Great for swirling around the mouth for a quick detox first thing. Also as a moisturiser. It's ideal for sautéing or frying or with curries or Thai style dishes. You can also use it in desserts and baking.

**Tahini** – Is made from crushed sesame seeds. Spread on gluten free crackers or combine with olive oil and lemon juice to create a creamy salad dressing. I use instead of butter.

**Apple Cider Vinegar** – It can be used as a health tonic – great with all this flu going around! It's a cure for hiccups and promotes good digestion, as well as a beauty aid and household cleaner to boot! Look for it raw, organic, unfiltered and unpasteurized to use in your recipes. Add zing to your vegetables. Use as a marinade. Pickle with it. Add to salad dressings.

**Almond Milk** – is good to have on hand to have a break from Dairy. I like to mix up my milks. I use it in my homemade Chai tea (recipe to come).

**Coconut Water** – Use to sweeten vegetables when stir frying. Add to green vegetable smoothies ( recipes to come).



# Top Pantry Ingredients (page 3/4)

**Chia Seeds** – they are a great source of essential fats and high in dietary fibre, making them great for digestion. Chia is a complete protein you can make great muffins from them (will post recipe) also sprinkle into the shakes and they make a great healthy pudding when soaked in water or coconut to form a thick gel.

**Cashew, Almonds, Walnuts** – are pretty essential. If I'm not making a bliss balls, I'm soaking cashew nuts to make a mayonnaise or dip, or I'm adding the walnuts to my Life giving bread. Almonds are just a great nutritious easy snack to always have in your handbag!

**Rice Malt Syrup** – this can be used in the same ratio as sugar and has the sweetness of caramelised honey. It provides a steady supply of energy into the body due to the mixture of complex carbohydrates, maltose and small amount of glucose.

**Coconut Sugar** – is my favourite natural sugar to use. I also like Honey which is not strictly vegan, other favourite sweetener is Maple Syrup.

**Seasonings** – I like to keep a good stock of spices.

**My favourite combo's are** – Italian Seasoning, Oregano,

**Thyme** – for anything with tomato and garlic in it.

**Cumin, Coriander** – sprinkle onto sweet roasted potatoes, add to courgette or cauliflower soups. The north African combo gives a great warming flavor.

**Ginger, nutmeg, coriander** – great warming winter spices for a little sweetness in almond milk lattes.



# Top Pantry Ingredients (page 4/4)

**Turmeric** – is incredibly medicinal. Great for sore throats and for digestion.

**Salt and Pepper** – I like using Maldon Sea Salt Flakes or Himalayan Sea Salt.. lots of important minerals. I always use a pepper mill and freshly ground peppercorns.

**Tomatoes** – keep a good stock of chopped tomatoes, passata and tomato paste.

**Stock** – Good quality veggie stock.

**Beans** – red and yellow are ideal for quick no soak dishes. Chickpeas are indispensable and are brilliant for making cashew cheese and dips. Also chickpeas for homemade houmous, cheaper and so delicious. Cannelloni and pinto for salads, soups and casseroles.

**Flour and baking** – I avoid using white wheat flour and use gluten free options. Chickpea flour is a favourite, rice flour, almond flour. Xanthan gum is important with all gluten free baking. Baking powder, bicarbonate of soda, cacao powder, cacao nibs, vanilla extract. Have all these on standby and a healthy muffin is never far behind.

**Freezer** – I like to keep frozen berries to add to my daily smoothies Frozen banana slices for smoothies and instant ice cream. Frozen spinach, peas, broad beans mixed vegetables. The freezer is very important for batch cooking. I like to make lots of brown rice and freeze it in portions pressed flat in freezer bags. It defrosts quickly and is easy to reheat.



## Mango, Cashew and Lime Mayonnaise

125g soaked cashew nuts  
 100g mango  
 1 tbsp hemp oil  
 2 tbsp coconut oil  
 1 1/2 tsp lime juice  
 Olive oil  
 2 tbsp Vegan Mayonnaise optional

In a food processor, add the mango, lime and cashew nuts.

Whizz until purred. Gradually add the hemp oil, coconut

Oil and olive oil whilst the machine is running. Add the vegan mayonnaise if wished.



**Add to** Anything that is spicy or salty

- Tomato and Lentil Dahl
- Raw Rainbow Salad Jar (to come)
- Spicy Roast Squash Salad (to come)

## Super Seeds

You are adding additional important nutrients to your dishes when you sprinkle this on.

Fill a jar with equal quantities of  
 Pumpkin seeds  
 Sunflower seeds  
 Hemp seeds  
 Sesame seeds  
 Flax seeds



**Add to** Anything that is soft in texture and needs a 'bite' or 'crunch' • Tomato and Lentil Dahl • One Pot Bean and Vegetable Stew • Provençale Ratatouille

## Essential Brown Rice

Brown rice is the perfect addition to the daily diet for those seeking bowel regularity. In addition, brown rice also makes the tummy feel full which translates to smaller meal portions.

I make a big batch at the beginning of the week and freeze it in portions which I flatten so it's quick to defrost.

The only difference between cooking brown rice and white rice is the water to rice ratio. Because of the outer bran coating, more cooking time and more water is required.

Adding olive oil and salt is optional but it does give the rice a nice flavour. One splash of olive oil and 1/2 teaspoon of salt, to 1 cup of rice, is the norm. Because brown rice has so much more flavour than white rice, I do often skip the salt and oil when I'm cooking it. This is totally your choice!

1 cup brown rice

2 1/2 cups filtered water

Adding olive oil and salt is optional but it does give the rice a nice flavour. One splash of olive oil and 1/2 teaspoon of salt,

to 1 cup of rice, is the norm.

Because brown rice has so much more flavour than white rice, I do often skip the salt and oil when I'm cooking it. This is totally your choice!

Start by bringing the water to a boil. Add the rice, salt and butter, and give it ONE stir. Cover the pot. Return the pot to a boil, then turn the stove down to simmer and set the timer. It can take 45-55 minutes to cook brown rice. When cooking all rice, never stir the rice while it is cooking or you will end up with very mushy rice!

When you uncover the rice it may look like all the water is absorbed but... Check to be sure by gently moving the rice to see if there is any water left on the bottom of the pan.

Once cooked drain, eat or store once cool in an air-tight container.

**Add to** It's a great filler with everything • Eat on it's own hot with tamari • Add spring onions, cucumber, avocado, rocket, chopped coriander, super seeds and chopped almonds for a quickie lunch.

## Life Giving Bread

I adore this bread and it's so much better for us than any other bread. A delicious nutty bread that is gluten, wheat, dairy, sugar and ideal for people who have allergies. You can also use sprouted seeds for easier digestion.

1 ½ cup super seed mix (see above)

1 ½ cup quinoa flakes

4 tbsp Psyllium Husks

2 tbsp Chia Seeds

1 tsp sea salt flakes

½ cup walnuts

1 tsp maple syrup

3 tbsp liquid coconut oil

350 ml water

Combine all the dry ingredients, stir well. Whisk in maple syrup, oil and water together. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add a little more water).

Pour into a lined loaf tin.

Allow to sit on the bench for at least 2 hours or overnight.

It's ready to cook when you can see the loaf is retaining it's shape.

Preheat the oven to 175C and bake for 20 minutes. Remove the bread from the tin and return to the middle rack in the oven and bake for a further 40 minutes.

The bread is done when it sounds hollow when tapped. Allow to cool. Before slicing and freezing.



**Add to** This bread works well toasted and spread with avocado and sauerkraut

- Instead of butter use Tahini or drizzle with Virgin olive oil
- Enjoy with the Provencale Ratatouille
- Tomato and Lentil Dahl
- One Pot Bean and Vegetable Stew.