

A close-up photograph of a rustic, light-colored ceramic plate filled with several ravioli. The ravioli are filled with a green pesto sauce and garnished with small, golden-brown pine nuts. The plate is set on a light-colored, textured cloth. In the background, a fork and the wooden handles of a knife are visible, resting on a green cloth. The overall scene is set on a light-colored, possibly marble, surface.

VEGANUARY RECIPES AND MEAL PLANS 2023

From Supper
in the Suburbs

TABLE OF CONTENTS

03. A fresh start

04. Week 1

05. Breakfast recipe

06. Week 2

07. Lunch recipe

08. Week 3

09. Dinner recipe

10. Week 4

11. Dessert recipe

12. Visit us

A FRESH START



I'm Emma. A self confessed junk food vegan who has been blogging cakes, cocktails and other tasty dishes for the last 10 years! For the last couple of years I have also been vegan.

There are lots of different reasons why you might want to move to a plant based diet. Whether you are doing it for the animals, your health, or for the environment, I want to make the transition as easy as possible. I have slipped up a few times along the way and found meal plans the answer!

In this ebook I've turned some of my favourite recipes into a meal plan for inspiration. You might want to pick some days from week 1 and combine them with others in week 3. Just click the name to see the recipe.

You will need to be mindful of your diet and nutrition along the way. If you are making drastic changes to your diet it's always good to consult your doctor first. I am not a nutritionist so please use these meal plans as inspiration only. Enjoy and good luck!



WEEK 1

Mon	<u>AVOCADO ON TOAST WITH GARLIC ROASTED TOMATOES</u>	<u>RAINBOW FALAFEL AND HUMMUS WRAP</u>	<u>SPICY VEGAN SAUSAGE STEW</u>	<u>FRUIT SALAD</u>
Tues	<u>MAPLE AND PECAN GRANOLA</u>	<u>AUBERGINE REUBEN SANDWICH</u>	<u>VEGAN MEATBALL, CAVOLO NERO AND CANNELLINI BEAN SOUP</u>	<i>CRUSTY ROLL FOR DIPPING</i>
Weds	<u>VEGAN PEANUT BUTTER AND DATE OVERNIGHT OATS</u>	<u>VEGAN CHICKEN CAESAR SALAD</u>	<u>VEGETABLE STEW WITH DUMPLINGS</u>	<u>FRUIT SALAD</u>
Thurs	<u>BLOOD ORANGE AND GRAPEFRUIT SALAD</u>	<u>HOMEMADE BAKED BEANS ON TOAST</u>	<u>EASY VEGAN MAC & CHEESE</u>	<i>GARLIC BREAD</i>
Fri	<u>RASPBERRY AND MANGO SMOOTHIE WITH CHIA SEEDS</u>	<u>VEGAN CORNISH PASTY</u>	<u>MISO MUSHROOM SHEPHERD'S PIE</u>	<i>SIDE SALAD</i>
Sat	<u>VEGAN SAVOURY CRÊPES</u>	<u>VEGAN CHESTNUT AND MUSHROOM PÂTÉ ON TOAST</u>	<u>MUSHROOM BOURGUIGNON</u>	<u>GARIBALDI BISCUITS</u>
Sun	<u>VEGAN POTATO WAFFLES WITH GARLIC MUSHROOMS AND CHIVES</u>	<u>THE ULTIMATE VEGAN CLUB SANDWICH</u>	<u>SEITAN ROAST "BEEF" JOINT</u>	<u>SWEET AND SPICY POACHED PEARS</u>

AVOCADO ON TOAST WITH ROASTED TOMATOES

INGREDIENTS :

- 7 cherry tomatoes still on the vine
- 4 cloves garlic
- 1 tbsp olive oil
- 2 slices sourdough bread
- 1 avocado ripe
- 0.5 lemon juice only
- salt and pepper

METHOD :

- Pre-heat your oven to 160 C/ /gas 3.
- Put the tomatoes into an oven dish with the garlic cloves.
- Drizzle with the olive oil and season with a little salt and pepper. Roast in the oven for 45 minutes or until the tomatoes are cooked through and the garlic is soft.
- Toast your bread exactly as you like it.
- Cut the avocado in half and carefully remove its stone. Scoop the avocado flesh out of the skin and into a bowl. Squeeze in the lemon juice and then mash with a fork.
- Take two of the roasted garlic cloves and spread these over the toast followed by the mashed avocado.
- Top with the roasted tomatoes and remaining garlic cloves.
- Season with salt and pepper and serve.



WEEK 2

Mon	<u>VEGAN SHAKSHUKA</u>	<u>VEGAN BROAD BEAN FALAFEL</u>	<u>SUMAC ROASTED CARROTS WITH LEMON AND TAHINI DRESSING</u>	<u>ROASTED TOMATO AND AUBERGINE DIP</u>
Tues	<u>VEGAN PEAR, PISTACHIO AND CARDAMOM PORRIDGE</u>	<u>BOMBAY POTATO WRAP</u>	<u>SPICY AUBERGINE AND COCONUT BAKE</u>	<i>BOMBAY MIX</i>
Weds	<u>RASPBERRY AND MANGO SMOOTHIE WITH CHIA SEEDS</u>	<u>COURGETTE AND FREEKEH SALAD WITH LEMON AND MINT DRESSING</u>	<u>VEGAN TAGINE WITH PRESERVED LEMONS</u>	<i>COUSCOUS</i>
Thurs	<u>BANANA, DATE AND CHIA SEED PUDDING</u>	<u>VEGAN SATAY SKEWERS WITH OYSTER MUSHROOMS</u>	<u>VEGAN MAPO TOFU WITH SHITAKE MUSHROOM</u>	<u>AVOCADO AND MANGO SUMMER ROLLS</u>
Fri	<u>WHOLEMEAL BREAKFAST MUFFINS</u>	<u>FLAKY "TOFU" SALMON BOWL</u>	<u>GREEN PEPPER IN BLACKBEAN SAUCE</u>	<i>LENTIL NOODLES</i>
Sat	<u>APPLE AND BLACKBERRY BIRCHER</u>	<u>RAINBOW SALAD</u>	<u>VEGAN BEETROOT AND DILL RAVIOLI</u>	<i>GARLIC BREAD</i>
Sun	<u>"AMERICAN STYLE" VEGAN PANCAKES</u>	<u>ISRAELI COUSCOUS SALAD WITH ROASTED VEG</u>	<u>NUTROAST</u>	<u>VEGAN OLIVE OIL CAKE</u>



VEGAN BROAD BEAN FALAFEL

INGREDIENTS :

- 250 grams tinned chickpeas drained weight, don't throw away the chickpea water (aquafaba) as this is also used in the recipe
- 200 grams frozen broad beans thawed
- 1 small onion diced
- 2 cloves garlic crushed
- 1 small bunch flat leaf parsley roughly chopped
- 1 small bunch coriander roughly chopped
- 0.5 tsp cayenne pepper
- 1 tsp ground cumin
- 1 tsp ground coriander
- 0.5 tsp cumin seeds
- 3 tbsps chickpea flour
- 1 tsp salt
- sesame seeds
- vegetable oil

METHOD :

- Place the broad beans in a pan of hot water and bring to the boil. Cook for 1 – 2 minutes before draining and plunging into ice cold water.
- Once the broad beans have cooled place these in a food processor or blender along with the chickpeas, onion, garlic, herbs and spices.
- Pulse until you have a chunky but sticky paste that just holds together when you press it into a ball.
- Spoon the mixture into a large bowl and add the chickpea flour and 2 tbsps of the chickpea water (aka aquafaba). Stir so that it is well combined.
- Shape into balls. If too wet, add more chickpea flour. If it is too dry add more chickpea water.
- Place on a baking tray until you are ready to fry. Repeat with the rest of the falafel mix.
- Once you have used up all of the mix, add enough oil to your frying pan so that the oil is roughly 2 inches deep.
- Heat until it reaches roughly 190C / 375F.
- Take the first falafel and roll it in sesame seeds before placing carefully into the oil. Repeat this with a few more of the patties being careful not to overcrowd them in the pan. Cook for 4-5 minutes before flipping over.
- Place these on to another baking tray and place in your oven on a low heat while you fry the rest of the falafel.

WEEK 3

Mon	<u>DRAGON FRUIT AND BERRY SMOOTHIE BOWL</u>	<u>GREEN GODDESS SALAD</u>	<u>BROCCOLI AND RAISIN PASTA SALAD</u>	<i>GARLIC BREAD</i>
Tues	<u>HOMEMADE BAKED BEANS ON TOAST</u>	<u>VEGAN PANZANELLA SALAD</u>	<u>SPICY SPINACH AND LENTIL STEW WITH ROASTED BROCCOLI</u>	<u>CLASSIC HUMMUS WITH CRUDITES</u>
Weds	<u>MAPLE AND PECAN GRANOLA</u>	<u>ISRAELI COUSCOUS SALAD WITH ROASTED VEGETABLES</u>	<u>HARISSA AUBERGINES ON RED PEPPER FREEKEH</u>	<u>ROASTED TOMATO AND AUBERGINE DIP</u>
Thurs	<u>APPLE AND BLACKBERRY BIRCHER</u>	<u>CRUNCHY KALETTE SALAD</u>	<u>CAULIFLOWER STEAKS WITH CHIMICHURRI SAUCE AND SWEET POTATO MASH</u>	<u>FRUIT SALAD</u>
Fri	<u>RASPBERRY AND MANGO SMOOTHIE WITH CHIA SEEDS</u>	<u>MEXICAN INSPIRED GIANT COUSCOUS SALAD</u>	<u>CRISPY CAULIFLOWER TACOS</u>	<i>NUTS AND SEEDS SNACK POT</i>
Sat	<u>SOURDOUGH CRUMPETS</u>	<u>ROAST GARLIC SOUP</u>	<u>BBQ KING OYSTER MUSHROOM KEBABS</u>	<i>SIDE SALAD</i>
Sun	<u>WHOLEMEAL BREAKFAST MUFFINS</u>	<u>WINTER CITRUS SALAD</u>	<u>SPINACH AND MUSHROOM STUFFED BUCKWHEAT PANCAKES</u>	<u>FRUIT SALAD</u>

BBQ KING OYSTER MUSHROOM KEBABS

INGREDIENTS :

- 8 king oyster mushrooms
- 300 ml balsamic vinegar
- 150 ml soy sauce
- 2.5 tbsp red miso
- 2 tbsp ginger paste
- 1 tbsp caster sugar
- 1 sprig rosemary finely chopped

METHOD :

- Begin by cutting the king oyster mushrooms in half length-ways and place to one side.
- Mix up the marinade with the remaining ingredients ensuring the miso and garlic paste are well incorporated. Taste and adjust as required.
- Dip the mushrooms into the marinade and leave for a minimum of 30 minutes or a maximum of overnight.
- Once marinated, add to bamboo or metal skewers.
- Add the mushroom kebabs to a BBQ grill over a medium heat.
- Cook for 5 minutes on each side until they are golden on both sides with slightly crispy edges and charred grilled marks.
- Serve while hot.



WEEK 4

Mon	<u>VEGAN "EGGS" FLORENTINE</u>	<u>VEGAN CRAB CAKES WITH OLD BAY SEASONING</u>	<u>KALE, CANNELLINI BEANS AND CAULIFLOWER "CHEESE" GRATIN</u>	<u>FRUIT SALAD</u>
Tues	<u>VEGAN RHUBARB AND CUSTARD OVERNIGHT OATS</u>	<u>VEGAN STEAMED BAO BUNS</u>	<u>VEGAN BUTTERNUT SQUASH LAKSA</u>	<u>CLASSIC VEGETABLE SPRING ROLLS</u>
Weds	<u>POTATO RÖSTI</u>	<u>CURRENT, CAPER AND FENNEL SPAGHETTI</u>	<u>ROASTED TOMATO RISOTTO</u>	<i>GARLIC BREAD</i>
Thurs	<u>VEGAN FLAPJACK</u>	<u>CHEESEY SWEETCORN QUESADILLAS</u>	<u>BBQ PULLED JACKFRUIT</u>	<u>SMOKEY BBQ SWEETCORN "RIBS"</u>
Fri	<u>VEGAN BACON HASH</u>	<u>VEGAN PORTOBELLO MUSHROOM PHILLY CHEESESTEAK</u>	<i>TAKEAWAY PIZZA</i>	<i>ICE CREAM</i>
Sat	<u>CHOCOLATE SOURDOUGH WAFFLES</u>	<u>HARISSA ROASTED TOMATOES WITH WILD RICE</u>	<u>TRUFFLED ROOT VEGETABLE GRATIN WITH COBNUT AND THYME CRUMB</u>	<u>FRUIT AND NUT STUFFED APPLES</u>
Sun	<u>VEGAN BANOFFEE CREPES</u>	<u>RAINBOW SALAD</u>	<u>STUFFED SEITAN "TURKEY" ROAST</u>	<u>VEGAN GOLDEN SYRUP STEAMED PUDDINGS</u>



FRUIT SALAD WITH COCONUT YOGURT DRESSING

INGREDIENTS :

- 0.5 pineapple skin and core removed
- 3 nectarines
- 175 grams strawberries
- 125 grams raspberries
- 120 ml coconut yogurt
- 1 tsp lime juice
- mint leaves to garnish

METHOD :

- Cut the pineapple and nectarines into pieces roughly 1.5 cm in size.
- Halve or quarter the strawberries so they are a similar size to the pineapple / nectarines.
- Add the pineapple, nectarines and strawberry pieces to a bowl along with the raspberries left whole.
- Carefully toss the fruit together trying not to break up the raspberries.
- Add to a platter or bowl.
- Next mix the lime juice with the coconut yogurt before drizzling over the top of the fruit.
- Serve with a few mint leaves for garnish.



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