



# VEGAN MEDITERRANEAN FOOD GUIDE

MEAL PLAN, RECIPES  
& SHOPPING LIST

MÖDERE

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# VEGAN MEDITERRANEAN MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breakfast smoothie	Passionfruit chia seed pudding	Oatmeal pancakes	Asparagus with vegan hollandaise sauce  Sourdough Bread	Super seeds chocolate smoothie	Mediterranean scrambled tofu	Savoury waffles
MORNING TEA	50g Almonds	100g Blueberries	150g Rockmelon  30g Almonds  5 Brazil nuts	1 Banana  30g Walnuts	100g Hummus and celery/carrot sticks	40g Almonds	80g Guacamole and celery sticks
LUNCH	Avocado chimichurri bruschetta	Minestrone Soup  Multigrain bread	Quinoa, lentil and pomegranate salad	Barley salad	Black bean sweet potato chilli  Corn chips	Bean pasta with spinach sauce	Falafel, tzatziki and salad
AFTERNOON TEA	Pea Protein Shake	Pea Protein Shake	Pea Protein Shake	Pea Protein Shake	Pea Protein Shake	Pea Protein Shake	Pea Protein Shake
30 MINS BEFORE DINNER	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink
DINNER	Quinoa stuffed peppers	Spinach pie	Greek meatball soup  Multigrain bread	Vegetable penne rigate	Tomato and artichoke gnocchi	Grilled portabellas with chopped salad	Grilled tofu and Mediterranean salad
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea



VEGAN  
MEDITERRANEAN MEAL PLAN

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## BREAKFAST SMOOTHIE

### INGREDIENTS

2 cups of coconut water  
2 cups filtered water  
4 scoops of vanilla pea protein powder  
2 dessertspoon Flaxseed Meal  
4 stalks of celery  
1 Lebanese cucumber  
1 cup rockmelon  
1 cup baby spinach

### DIRECTIONS

Blend all ingredients together  
Enjoy!  
Serves 2

*Recipe from Malissa Corrie*

## PASSIONFRUIT CHIA PUDDING

### INGREDIENTS

$\frac{2}{3}$  cup white chia seeds  
 $\frac{1}{4}$  cups soy milk, almond or coconut milk  
2 passionfruit  
2 tbsp. toasted almond slivers (to toast place on pan and bake at 180°C for just a couple of minutes until lightly browned. Watch them closely to make sure they don't burn!)  
Sprinkle of shredded coconut

### DIRECTIONS

To make chia pudding combine chia seeds and soy milk. Mix well and refrigerate overnight for a delicious breakfast  
Top pudding with passion fruit, toasted almond slivers and a sprinkle of shredded coconut.  
Serves 2

*Recipe from Malissa Corrie*



## OATMEAL PANCAKES

### INGREDIENTS

- ⅓ cup soy milk
- 1 tsp. Bragg Unfiltered Organic Apple Cider Vinegar
- ½ tbsp. maple syrup
- 1 tsp. canola oil, plus more for oiling pan
- ¼ cup rolled oats
- ¼ cup whole-wheat flour
- ½ tsp. baking soda
- ½ tsp. baking powder
- ⅛ tsp. salt
- ¼ cup fresh blueberries

### DIRECTIONS

Combine soymilk, vinegar, maple syrup, and oil in small bowl. Add oats, and let soak 5 to 10 minutes.

Stir together flour, baking soda, baking powder, and salt in separate bowl. Stir soy milk mixture into flour mixture.

Preheat large frypan over medium-high heat, and lightly coat with oil. Ladle ¼ cup batter into pan for each pancake. Cook 2 to 3 minutes, or until bubbles form on top and sides are a little dry. Flip, and cook 1 to 2 minutes more, or until browned on both sides. Serve with ¼ cup of fresh berries.

Serves 2

*Recipe from [www.vegetariantimes.com/recipes/vegan-oatmeal-pancakes](http://www.vegetariantimes.com/recipes/vegan-oatmeal-pancakes)*

## ASPARAGUS WITH VEGAN HOLLANDAISE SAUCE

### INGREDIENTS:

- ¼ cup silken tofu
- 1 tbsp. lemon juice
- ½ tbsp. nutritional yeast
- pinch of salt
- pinch of cayenne pepper
- pinch of turmeric
- ½ tbsp. safflower oil
- 450g asparagus, trimmed

### DIRECTIONS

Heat tofu on plate in microwave 30 to 45 seconds, or until warmed through.

Transfer to food processor, and purée until smooth. Add lemon juice, nutritional yeast, salt, cayenne, and turmeric; pulse until well combined.

With food processor running, add oil in steady stream to finish sauce. (Sauce can be made ahead of time. Stores well in fridge for 3 days).

Warm slowly in a pot over low heat if sauce has been kept in the fridge.

Steam asparagus 2 minutes, or until crisp-tender. Drain, and serve with sauce.

Serves 2

*[www.vegetariantimes.com/recipes/asparagus-with-vegan-hollandaise](http://www.vegetariantimes.com/recipes/asparagus-with-vegan-hollandaise)*





OATMEAL PANCAKES

## SUPER SEEDS CHOCOLATE SMOOTHIE

### INGREDIENTS

- 1 tbsp. chia seeds
- 2 cups plain, vanilla, or chocolate almond milk
- ½ large banana
- 1 tbsp. LSA (ground linseeds, sunflower seeds and almonds)
- ¼ cup (4 scoops) unflavoured or vanilla pea protein
- 1 tbsp. unsweetened cocoa powder or raw cacao powder
- 1 tsp. vanilla extract
- ½ tbsp. cacao nibs, optional
- ½ tbsp. coconut sugar, optional

### DIRECTIONS

Grind chia seeds to fine powder in coffee grinder or spice mill.

Transfer to blender, and add almond milk, banana, protein powder, cocoa powder, and vanilla, and blend until creamy.

Add cacao nibs and sugar, if desired, and process to desired consistency.

Serves 2

*Recipe from Malissa Corrie*

## MEDITERRANEAN SCRAMBLED TOFU

### INGREDIENTS

- ⅓ cup red capsicum, diced
- ⅓ carrot, diced finely
- 1½ spring onions, chopped
- ⅓ clove garlic, minced
- ⅛ tsp. ground cumin
- pinch of ground turmeric
- 150g medium tofu, drained and crumbled
- ¼ tbsp. Passata Tomato Sauce
- 1 tsp. chopped basil
- 1 cup tomatoes, diced
- ½ avocado, diced

### DIRECTIONS

Heat large non-stick frypan over medium heat and coat with cooking spray. Add capsicum and carrot, and cook 7 minutes, or until just tender.

Stir in spring onions, garlic, cumin, and turmeric, and cook 1 minute more.

Add tofu and Passata sauce, and cook 5 minutes, or until heated through and all liquid has cooked off.

Stir in basil, and serve with diced tomato and avocado.

Serves 2

*Recipe from Malissa Corrie*



## SAVOURY WAFFLES

### INGREDIENTS

- ⅔ cup all-purpose flour
- ⅓ tsp. baking powder
- pinch of sea salt
- ¾ cup unsweetened almond milk
- ⅓ tbsp. vegetable oil
- 1 tbsp. fresh or frozen corn kernels
- 1 tsp. diced green chillies
- 1 tbsp. cooked black beans
- ¼ medium avocado, sliced

### DIRECTIONS

Preheat waffle iron.

Whisk together flour, baking powder, and salt in large bowl.

Stir in almond milk, oil, corn, green chillies, and black beans.

Spray waffle iron with cooking spray. Pour ½ cup batter onto waffle iron, close lid, and cook 3 minutes, or until crisp. Gently open lid, remove waffle with fork, and repeat with remaining batter.

Top with sliced avocado.

Serves 2

*Recipe from [www.vegetariantimes.com/recipes/southwestern-savory-waffles](http://www.vegetariantimes.com/recipes/southwestern-savory-waffles)*

## GUACAMOLE AND CELERY STICKS

### INGREDIENTS

- 2 avocados, halved and pitted
- 1 spring onion, finely chopped (¼ cup)
- 1 tbsp. coarsely chopped coriander
- ½ mild chili, finely chopped (optional)
- ½ tbsp. lime juice, or more to taste
- 1 clove garlic, minced
- 1 cup cherry or grape tomatoes, halved
- 4-6 celery stalks

### DIRECTIONS

Scoop avocado flesh into medium bowl.

Add green onions, coriander, chili, lime juice, and garlic, and mix together with knife.

Stir in tomatoes, and season with salt and pepper, if desired.

Serve with celery sticks.

Serves 2

*Recipe from Malissa Corrie*



## AVOCADO CHIMICHURRI BRUSCHETTA

### INGREDIENTS

½ tbsp. lemon juice  
½ tbsp. red wine vinegar  
1 clove garlic, minced (1 tbsp.)  
pinch of salt  
pinch of red pepper flakes  
pinch of dried oregano  
pinch of ground black pepper  
1 tbsp. olive oil  
1 tbsp. chopped coriander  
1 tbsp. chopped fresh parsley  
1 avocado, peeled, pitted, and cubed  
2 thick slices whole-grain or ciabatta bread, toasted

### DIRECTIONS

Combine lemon juice, vinegar, garlic, salt, red pepper flakes, oregano, and black pepper in small bowl.

Whisk in oil, then stir in coriander and parsley.

Fold in avocado cubes.

Spoon avocado mixture onto toast slices, and serve.

Serves 2

*Recipe from [www.vegetariantimes.com/recipes/avocado-chimichurri-bruschetta](http://www.vegetariantimes.com/recipes/avocado-chimichurri-bruschetta)*

## MINISTRONE SOUP

### INGREDIENTS

splash of olive oil  
1 medium carrot, peeled and roughly chopped  
2 celery stalks, trimmed and roughly chopped  
2 garlic cloves, thinly sliced  
1 small onion roughly chopped  
1 small potato, low carb is good, roughly chopped  
½ tbsp. of tomato puree  
130g tin of chopped tomatoes  
1 bouquet garni  
1 cup of reduced-salt vegetable stock  
1 zucchini, trimmed and roughly chopped  
½ cup soup pasta

### TO SERVE

½ cup handful fresh flatleaf parsley, leaves finely chopped

### DIRECTIONS

Heat the oil in a large saucepan over a medium heat.

Add the carrot, celery, garlic and onions and fry for 4-5 minutes.

Add the potatoes and fry for 4-5 minutes, stirring occasionally, until softened.

Stir in the tomato purée and cook for 1 minute, then add the tomatoes, bouquet garni and stock and bring to the boil. Reduce the heat, then simmer gently for 30 minutes.

Add the zucchini and soup pasta and return to the boil. Reduce the heat, cover the pan with the lid, then simmer for 5-8 minutes, or until the pasta is tender. Discard the bouquet garni.

To serve, ladle the soup into bowls, then sprinkle with parsley.

Serves 2

*Recipe from [http://www.bbc.co.uk/food/recipes/healthy\\_minestrone\\_soup\\_64571](http://www.bbc.co.uk/food/recipes/healthy_minestrone_soup_64571)*







MINISTRONE SOUP

## QUINOA, LENTIL AND POMEGRANATE SALAD

### INGREDIENTS

2 cups cooked quinoa  
2 cups cooked brown lentils, rinsed  
2 tbsp. pomegranate seeds  
2 tbsp. flat leaf parsley diced  
8 stalks asparagus, lightly steamed, cut into 2cm pieces  
2 tbsp. lemon juice  
2 tbsp. olive oil or flaxseed oil

### DIRECTIONS

Mix all the ingredients together in a bowl and serve cold

Serves 2

*Recipe from Malissa Corrie*

## BARLEY SALAD

### INGREDIENTS

½ cup uncooked barley  
3 cups vegetable stock or water

### VEGETABLES

1 tbsp. red or sweet white onions  
1 tbsp. capsicum  
1 tbsp. fresh parsley  
1 tbsp. tomatoes seeded  
1 tbsp. cucumber  
½ tsp lemon zest

### DRESSING

1 tbsp. olive oil  
1 ½ tbsp. fresh lemon juice  
Pinch of salt  
¼ tsp ground peppercorns  
¼ tsp ground coriander seeds

### DIRECTIONS

Bring vegetable stock or water to a boil. Add barley, stirring well. Reduce heat to a gentle simmer and cook for 40 - 45 minutes until tender. This will give you about 1 ½ cups of cooked barley.

While barley is cooking, combine dressing ingredients in large bowl. Mix well and set aside. Next, chop vegetables to a fine dice and set aside.

Drain cooked barley, do not rinse, and immediately add the dressing while still hot. Stir until dressing is completely absorbed.

Add chopped vegetables and stir well to combine.

You can eat it hot or cold. It is also very nice to scoop into Radicchio leaves and roll up and eat like little parcels as well.

Serves 2

*Recipe From [www.thegreekvegan.com/barley-salad-2/](http://www.thegreekvegan.com/barley-salad-2/)*



## BLACK BEAN AND SWEET POTATO CHILLI

### INGREDIENTS

1 clove garlic, minced  
½ small onion, diced  
1 small sweet potato, peeled and chopped (¾ cup)  
1 small carrot, sliced (¾ cup)  
¼ red capsicum, chopped (optional)  
1 tbsp. olive oil  
200g black beans  
200g can diced tomatoes  
¼ cup water or vegetable stock  
½ tbsp. chili powder  
½ tsp. cumin  
¼ tsp. cayenne (or to taste)  
¼ tsp. garlic powder  
¼ tsp. salt  
pinch of black pepper

### DIRECTIONS

First, sauté the onions and garlic in olive oil for a minute or two,

Add in the sweet potatoes, carrots and capsicum until the onions are soft, about 5-6 minutes.

Reduce the heat to medium low, and add the remaining ingredients, stirring to combine well.

Allow your chili to simmer, partially covered and stirring occasionally over medium-low heat, for about 20-25 minutes, until flavours have mingled and the sweet potatoes, carrots and capsicums are soft.

Serves 2

*Recipe from [www.thespruce.com/black-bean-vegetarian-chili-sweet-potatoes-3377973](http://www.thespruce.com/black-bean-vegetarian-chili-sweet-potatoes-3377973)*

## BEAN PASTA WITH SPINACH SAUCE

### INGREDIENTS

½ tbsp. olive oil  
½ large onion, sliced  
1 clove garlic, crushed  
½ red capsicum, chopped  
½ teaspoon dried oregano  
200g chopped tomatoes, or 1 cup chopped fresh tomatoes  
¼ cup cooked red kidney beans  
¼ cup cooked navy beans  
¼ cup cooked chickpeas  
salt and pepper to taste  
½ cup small pasta tubes  
1 tbsp. margarine or dairy free spread  
2 tablespoons flour  
1 cup soy milk or almond milk  
¼ teaspoon grated nutmeg  
¾ cup finely chopped raw spinach

### DIRECTIONS

Heat the oil in a large saucepan over medium heat. Lightly cook the onion, garlic, and pepper until the vegetables are soft - about 8 minutes.

Add the oregano, tomatoes, beans, and chickpeas. Season to taste with salt and pepper. Cover the saucepan and simmer for 20 minutes.

Prepare the pasta according to package directions. Drain and add to the cooked bean mixture and place this mixture in a shallow serving dish.

To make the sauce, heat the margarine in a medium saucepan over medium heat. Stir in the flour and gradually add the soy milk or almond milk. Bring to a simmer, stirring constantly, and cook for 2 to 3 minutes, then season with the nutmeg, salt and pepper.

Steam the spinach in 2 tablespoons of water for 5 minutes. Drain thoroughly and add to the sauce. Stir until well blended.

Pour sauce over the bean mixture and serve immediately. Can be made the night before and reheated for lunch the next day.

Serves 2

*Recipe from [www.thespruce.com/vegan-three-bean-pasta-3377163](http://www.thespruce.com/vegan-three-bean-pasta-3377163)*



## FALAFEL WITH TZATZIKI

### INGREDIENTS

1 cup dried chickpeas  
½ onion, cut in quarters  
2 garlic cloves, peeled and roughly chopped  
½ small bunch fresh parsley  
½ small bunch fresh coriander  
1 tsp. salt  
¼ tsp. cayenne  
1 tsp. cumin  
1½ tbsp. flour  
¼ tsp. baking soda  
¼ tsp. baking powder

### DIRECTIONS

Soak dried chickpeas overnight in a large bowl filled with water.

The next day, drain the chickpeas and pulse in a food processor until crumbly and there are no whole chickpeas left. Transfer to a large bowl.

In the same food processor, pulse together the onion, garlic, parsley and coriander. Pulse until it almost looks like a paste. Add parsley mixture to beans.

Use a large spatula to mix the beans and herbs together. Add cumin, cayenne, salt, pepper and flour. Mix well. Add baking powder and soda just before frying. Mix everything well.

Heat a large skillet with vegetable oil. You can test to see if the oil is hot by dropping a small piece of batter in. If it sizzles, it's ready.

Use a large tablespoon and form batter into balls. Scoop about 2 tablespoons worth and form a ball between your hands.

Carefully place the falafel in the hot oil. You can fit 4-5 in at once but don't overcrowd the pan. Fry on 1 side until you can see it browning on the sides, about 4-5 minutes. Then flip over and fry other side.

The falafel should be crisp on the outside and soft on the inside.

Serve with a dollop of Tzatziki and a small salad of cucumber, onion, lettuce and tomato.

Serves 2

*Recipe from [www.littleferrarokitchen.com/2013/07/homemade-falafel](http://www.littleferrarokitchen.com/2013/07/homemade-falafel)*

## TZATZIKI SAUCE

### INGREDIENTS:

¾ cup cashews soaked for 2-4 hours  
2 tbsp. lemon juice  
1 tbsp. tahini  
1 garlic cloves  
1 tbsp. flaxseed meal  
3 tbsp. of water (give or take)  
½ cucumber, diced  
½ tbsp. dill  
½ tbsp. parsley  
¼ tbsp. mint (optional)  
salt and pepper to taste

### DIRECTIONS

In a processor or blender place cashews, lemon juice, tahini, garlic cloves, flaxseed meal, water, salt/pepper, and run until smooth and creamy, scrapping down the sides as necessary.

Remove from processor or blender and place mixture in a large mixing bowl.

Add all other ingredients, diced cucumbers, dill, parsley, mint (optional), and more salt/pepper to taste.

Adjust seasonings as desired. Serve with salads and falafel,

Keeps well in the fridge for up to 5 days.

If you don't want to wait 2-4 hours to soak the cashews, you can flash soak them by boiling up water and letting them sit in warm to hot water for 30 minutes to a full hour.

Serves 2

*Recipe from [www.neuroticmommy.com/2016/01/29/super-easy-vegan-tzatziki-sauce/](http://www.neuroticmommy.com/2016/01/29/super-easy-vegan-tzatziki-sauce/)*

## SALAD

(TO GO WITH FALAFEL & TZATZIKI)

### INGREDIENTS

½ english cucumber, sliced  
6 leaves cos lettuce, cut into bite size  
4 roma tomatoes, cut in wedges  
½ red onions, thinly sliced  
½ red capsicum, cut in 2cm  
Pinch of Himalayan salt  
Pinch of cracked pepper (optional)  
Juice of ½ lemon  
2 tbsp. Olive oil

### DIRECTIONS

Toss cut up vegetables in a large bowl.  
Drizzle with olive oil and lemon juice.  
Sprinkle with salt and pepper. Toss salad well and serve.  
Serves 2

*Recipe from Anne Tuazon*

## QUINOA STUFFED PEPPERS

### INGREDIENTS

½ tbsp. olive oil  
¼ cup onion, diced  
¼ cup celery, diced  
¼ cup carrot, diced  
½ clove garlic, minced  
½ tsp. oregano  
½ tbsp. minced fresh basil  
2 cups cooked quinoa  
¼ cup chopped Kalamata olives  
⅛ tsp. salt  
Pinch of cayenne pepper  
2 red bell peppers, halved and seeded  
½ cup marinara or tomato sauce

### DIRECTIONS

Preheat oven to 180°C. In large skillet, heat oil over medium heat. Add diced vegetables, garlic and herbs and cook, stirring often, until vegetables begin to soften, after 3 to 5 minutes.

Add quinoa and olives and cook, stirring, 2 minutes. Add salt and cayenne pepper. Remove from heat.

Partially cook peppers in a steamer 4 to 5 minutes. (Pepper halves can also be steamed in a microwave 2 to 3 minutes in a covered dish with 2 tablespoons water.)

Fill pepper halves with quinoa mixture; place on a lightly greased baking dish. Top with marinara or tomato sauce.

Add enough water to cover bottom of dish. Cover loosely with foil and bake until peppers are tender, 20 to 25 minutes.

Serves 2

*Recipe from [www.vegetariantimes.com/recipes/quinoa-stuffed-peppers](http://www.vegetariantimes.com/recipes/quinoa-stuffed-peppers)*



## SPINACH PIE

### INGREDIENTS

#### FOR THE FILO DOUGH

3 cups all-purpose flour

½ cup olive oil

salt

lukewarm water enough to make a pliable dough

#### FOR THE FILLING

½ kg spinach

4 spring onions

1 leek

1 bunch dill

¼ cup rice

2 tbsp. olive oil

1 tsp salt

### DIRECTIONS

Place all the dough ingredients in a big mixing bowl and knead well for about 10 minutes.

Divide the dough in 4 equal size balls.

Cover them with plastic wrap and let them rest for an hour.

Finely chop and wash the spinach, onions, leek and dill. Drain them well, add the olive oil and salt and massage them for at least 5 minutes.

Press the mixture with your hands to remove the excess water.

Flour a surface and using a wooden rolling pin open each dough ball into flat circles (as big and thin they can get).

Brush a baking pan with olive oil and place the first filo at the bottom, brushing it with olive oil too. Place a second filo on top of the first one. Make sure that the Filo's are big enough for your baking pan as the edges must be hanging a bit outside the pan.

Spread the spinach filling and sprinkle with the rice.

Cover with the other two Filo's, brushing with olive oil.

Place the edges of the all Filo's together and press them at the edge of the top layer using olive oil so that the edge of the whole pie is nicely sealed.

Brush the top of the pie with olive oil and lightly cut the pie in portions, but without cutting down to the bottom.

Bake in a preheated oven at 180°C for about 45 minutes, until the pie gets a nice golden-brown colour.

Remove from the oven, sprinkle with few drops of water and let it cool a bit before serving

Serves 2

*Recipe from [www.onegreenplanet.org/vegan-food/9-heart-healthy-greek-and-mediterranean-recipes/](http://www.onegreenplanet.org/vegan-food/9-heart-healthy-greek-and-mediterranean-recipes/)*



## GREEK MEATBALL SOUP

### INGREDIENTS

¾ cup dry brown lentils  
⅓ cup plus 1 tbsp. long grain brown rice  
½ small onion, diced  
⅓ cup of chopped fresh parsley  
500ml plus 1 cup vegetable stock.  
1 tbsp. olive oil  
Juice from 1 big lemon  
½ tbsp. corn flour  
1 tbsp. ground flax seeds (flaxseed meal)  
1 tbsp. breadcrumbs  
¼ cup flour for rolling the balls  
Salt and pepper to taste

### DIRECTIONS

In a medium pot place the vegetable stock and the dry lentils and bring to boil over medium high heat. Lower the heat to medium and cook for about 10 minutes until lentil softens.

In a small pot, cook the ⅓ cup of rice with 1 cup of vegetable stock until the broth gets absorbed by the rice.

Place a colander over a pot and strain the lentils. Keep the vegetable broth from the lentil in that pot and add 500ml of water. This is the broth you will be using for the soup.

Use a food processor to mash the lentil and half of the cooked rice. Do not over blend.

Transfer to a big mixing bowl and add the rest of the rice, onion, parsley, olive oil, flax seed meal and breadcrumbs. Mix well with your hands. Shape balls on a medium size (a little bit bigger than walnuts), roll in the flour and set aside. You will get about 10 lentil balls.

Place the pot with the vegetable broth over medium high heat and bring to a boil. Add the 1 tbsp. of rice and the lentil balls. Lower the heat and simmer for about 25-30 minutes.

Mix the corn flour with the lemon juice and ¼ cup of water and add it to the soup mixing gently so you won't break the lentil balls. Season with salt and pepper and drizzle with a bit of olive oil if you like. Serve hot and enjoy with a piece of seeded bread.

Serves 2

*Recipe from [www.onegreenplanet.org/vegan-food/recipe-giouvarlakia/](http://www.onegreenplanet.org/vegan-food/recipe-giouvarlakia/)*

## VEGETABLE PENNE RIGATE

### INGREDIENTS

1 ¼ cups penne rigate pasta  
½ tbsp. olive oil  
1 clove garlic, minced (2 tsp.)  
170g roasted red peppers, rinsed, drained, patted dry, and sliced  
1 cup cherry tomatoes, halved  
2 cups packed baby spinach leaves  
1 tbsp. chopped pitted Kalamata olives  
½ tbsp. finely chopped fresh oregano  
¾ tsp. grated lemon zest  
pinch freshly ground black pepper

### DIRECTIONS

Prepare pasta according to package directions. Drain, and reserve ¼ cup pasta-cooking water.

Meanwhile, heat oil in large non-stick skillet over medium heat. Add garlic, and cook 1 minute, stirring frequently, or until lightly browned.

Increase heat to high. Add roasted peppers, and cook 3 to 4 minutes, or until lightly browned, stirring occasionally.

Add tomatoes, spinach, olives, oregano, lemon zest, and pepper. Cook 4 to 6 minutes, or until tomatoes soften and spinach wilts, stirring frequently.

Add pasta and reserved pasta-cooking water; cover, and cook 3 minutes more, or until heated through.

Serves 2

*Recipe from [www.vegetariantimes.com/recipes/spinach-peppers-and-cherry-tomatoes-with-penne-rigate](http://www.vegetariantimes.com/recipes/spinach-peppers-and-cherry-tomatoes-with-penne-rigate)*

## TOMATO AND ARTICHOKE GNOCCHI

### INGREDIENTS

1 tbsp. extra-virgin olive oil, divided  
250g package shelf-stable gnocchi  
½ small onion, sliced  
½ small red capsicum, diced  
2 large cloves garlic, thinly sliced  
½ tbsp. chopped fresh oregano, plus more for garnish  
210g tinned chickpeas, rinsed  
200g can no-salt-added diced tomatoes  
125g jar of artichokes  
4 pitted Kalamata olives, sliced  
½ tbsp. red-wine vinegar  
Pinch of ground pepper

### DIRECTIONS

Heat ½ tablespoon oil in a large non-stick skillet over medium-high heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, about 5 minutes. Transfer to a bowl and cover to keep warm.

Reduce heat to medium. Add the remaining ½ tablespoon oil and onion to the pan.

Add capsicum; cook, stirring occasionally, until crisp-tender, about 3 minutes. Add garlic and oregano; cook, stirring, for 30 seconds.

Add chickpeas, tomatoes and artichokes; cook, stirring, until hot, about 3 minutes.

Stir in olives, vinegar, pepper and the gnocchi. Sprinkle with oregano, if desired.

Serves 2

*Recipe from <http://www.eatingwell.com/recipe/251101/tomato-artichoke-gnocchi/>*

## GRILLED PORTOBELLO'S WITH CHOPPED SALAD

### INGREDIENTS:

¼ cup lemon juice  
3 tbsp. extra-virgin olive oil  
¼ cup chopped fresh dill  
2 cloves garlic, minced  
¼ tsp. salt  
¼ tsp. freshly ground pepper  
4 large Portobello mushroom caps, gills removed  
1 x 430g can small white beans, rinsed  
1 small capsicum, quartered and seeded  
1 small red onion, cut into thin slices  
1 medium zucchini, cut lengthwise into thin slices  
1 avocado mashed

### DIRECTIONS

Preheat grill to medium-high.

Combine lemon juice, oil, dill, garlic, salt and pepper in a large bowl. Add mushroom caps and turn to coat. Remove the mushrooms from the bowl. Add white beans; stir to coat.

Place the mushroom caps gill-side up on the grill with peppers, onion and zucchini. Grill the vegetables, turning once, until they start to char and soften: about 8 minutes for the mushrooms and 6 minutes for the rest.

Turn the mushrooms gill-side up again. Fill each with ¼ cup mashed Avocado and grill about 1 minute more.

Chop peppers, onion and zucchini and add to the bowl with the beans; toss to combine.

Top each mushroom with about 1 cup of the grilled salad.

Serves 2

*Recipe from Malissa Corrie*





## GRILLED TOFU AND MEDITERRANEAN SALAD

### INGREDIENTS

¼ cup lemon juice  
1 tbsp. extra-virgin olive oil  
3 cloves garlic, minced  
2 tsp. dried oregano  
½ tsp. salt, or to taste  
400g extra-firm tofu, preferably water-packed  
Freshly ground pepper, to taste  
Mediterranean chopped salad, (recipe follows)

### DIRECTIONS

Preheat grill.

Whisk lemon juice, oil, garlic, oregano, salt and pepper in a small bowl. Reserve 2 tablespoons of this mixture for basting.

Drain and rinse tofu; pat dry. Cut the block crosswise into eight 1cm-thick slices and place in a shallow glass dish. Add remaining marinade and turn to coat. Cover and refrigerate for at least 30 minutes or for up to 8 hours.

Meanwhile, make Mediterranean chopped salad.

Lightly oil the grill rack (hold a piece of oil-soaked paper towel with tongs and rub it over the grate). Drain the tofu, discarding marinade. Grill the tofu over medium-high heat, basting occasionally with reserved lemon juice mixture, until lightly browned, 3 to 4 minutes per side. Serve immediately, topped with the salad.

To make grill marks on the tofu, rotate it 90° halfway through grilling for a cross-hatch pattern.

Serves 2

<http://www.eatingwell.com/recipe/248828/grilled-tofu-with-a-mediterranean-chopped-salad/>

## MEDITERRANEAN CHOPPED SALAD

### INGREDIENTS

1 medium tomatoes, seeded and diced  
½ cup diced seedless cucumber, (¼ medium)  
¼ cup chopped shallots  
¼ cup coarsely chopped fresh parsley  
¼ cup Kalamata olives, pitted and coarsely chopped  
1 tbsp. extra-virgin olive oil  
1 tbsp. white-wine vinegar  
¼ tsp. salt, or to taste  
Freshly ground pepper, to taste

### DIRECTIONS

Combine tomatoes, cucumber, scallions, parsley, olives, oil, vinegar, salt and pepper in a medium bowl; toss gently to mix. Serve within 1 hour.

Serves 2

*Recipe from <http://www.eatingwell.com/recipe/248832/mediterranean-chopped-salad/>*



# VEGAN MEDITERRANEAN MEAL PLAN

## SHOPPING LIST – SERVES 2

PROTEIN	QTY	VEGETABLES	QTY	HERBS	QTY	CONDIMENTS, OILS, GRAINS	QTY
Extra-firm tofu*	400g	Asparagus	4 bunch	Basil	½ tsp	All-purpose flour	5¼ cups
Medium tofu*	150g	Baby spinach	3 cups	Black pepper	1 tbsp	Apple cider vinegar	1 tsp
Silken tofu*	¼ cup	Black beans	215g	Bouquet of garni	1	Baking powder	1 tsp
*check label for hidden sugars		Brown lentils	2¾ cups	Cacao nibs	½ tbsp	Baking soda	¾ tsp
		Brown onions	3¾ cups	Cayenne pepper	1 tsp	Barley	½ cup
		Cannellini beans	500g	Chilli powder	½ tbsp	Breadcrumbs	1 tbsp
		Carrots	4	Cloves		Canola oil	1 tbsp
		Celery	16 stalks	Coriander, fresh	1½ bunch	Ciabatta bread	2 slices
		Cherry tomatoes	1 punnet	Coriander, seeds	¼ tsp	Cocoa/raw cacao powder	1 tbsp
		Chickpeas	2¼ cups	Cumin	2 tsp	Coconut sugar	½ tbsp
		Corn kernels		Dill	1½ bunch	Coconut water	2 cups
		Cos lettuce	6	Dried oregano	½ cup	Corn flour	½ tbsp
		English cucumber	1/2	Fresh oregano	½ tbsp	Dairy-free spread	
		Garlic cloves	2 pcs	Fresh parsley	1 bunch	Flaxseed meal	4 tbsp
		Green capsicum	2 pcs	Garlic powder	¼ tsp	Flaxseed oil	
		Green chillies	1 tsp	Himalayan salt	½ tsp	Gnocchi	250g
		Artichokes	1 jar	Lemon juice	½ cup	Hummus	100g
		Kalamatta olives	¾ cup	Mint	¼ tbsp	Long grain brown rice	½ cup
		Lebanese Cucumber	3	Nutmeg	¼ tsp	Maple syrup	½ tbsp
		Leek	1	Nutritional yeast	½ tsp	Marinara sauce	½ cup
		Lettuce	2 cups	Red chilli pepper flakes	pinch	Multigrain bread	4 slices
		Pear/grape tomatoes	1 cup	Salt	3½ tsp	Olive oil	1½ cups
		Portobello mushrooms	4	Shallots	¼ cup	Passata tomato sauce	½ tbsp
		Potatoes	1	Tahini	1 tbsp	Pasta tubes	½ cup
		Red capsicum	5	Turmeric	¼ tsp	Penne rigate pasta	1¼ cups
		Red kidney beans	¼ cup			Quinoa	4 cups
		Red onions	3			Red wine vinegar	1 tbsp
		Roasted red peppers	170g			Reduced-salt vegetable stock	5¼ cups
		Spinach	1¼ cup			Rice	¼ cup
		Roma tomatoes	4			Rolled oats	¼ cup
		Spring onions	5			Safflower oil	½ tbsp
		Sweet potatoes	1			Soup pasta	¾ cup
		Tin of chopped/diced tomatoes	530g			Sourdough bread	2
		Tomatoes fresh	4 pcs			Shredded coconut	1 tbsp
		Zucchini	2			Tomato puree	½ tbsp
						Tortilla chips	
						Vanilla extract	1 tsp
						Vanilla/chocolate almond milk	
						Vegetable oil	½ tbsp
						White wine vinegar	1 tbsp
						Whole wheat flour	¼ cup



VEGAN MEDITERRANEAN MEAL PLAN – SHOPPING LIST

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