

THE PLANT BASED EDITION



GUIDE TO HEALTHY EATING





Welcome to the PAUL WALLACE FITNESS GUIDE TO HEALTHY EATING

I have created a scientific and nutritious guide to food, with the help of a leading consultant with an MSc (Master of Science) in Applied Sports Nutrition and a chef with years of experience in Rosette awarded restaurants.

In this book you will find some amazing recipes to cover all types of meals. Created perfectly to fit into your meal plans that I have supplied to you to help you achieve your goals.

I hope you enjoy making these recipes as much as I did helping to create them for you.

Paul Wallace

Coach

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

Contents

Breakfast

Asian Scramble	4
Breakfast Fruit Bowl	5
Vegan Pancakes	7
	9

Lunch

Warm Squash Salad	11
Spicy Tempeh	12
Broccoli Soup	14
	16

Dinner

Mongolian Seitan	18
Vegan Chilli	19
Smokey Goulash	21
	23

Snacks

Pb & Jelly Smoothie	25
Mocha Brownies	26
	28



Breakfast

Asian Scramble

Serves 2

Ingredients

3 Eggs
2 Egg Whites
1tsp Soy Sauce
2tsp Sesame Oil
50g Spring Onions (Finely Sliced)

Method

Whisk eggs and egg whites together in a bowl. Season with pepper and soy sauce.

Heat the sesame oil in a pan over medium-low heat. Add the spring onions, season with salt and pepper and cook for 3-4 minutes until tender.

Add egg mixture to a pan and swirl to coat the base. Leave for a few seconds to start cooking and then continue to cook while stirring until cooked the way you like them.



Calories



Protein



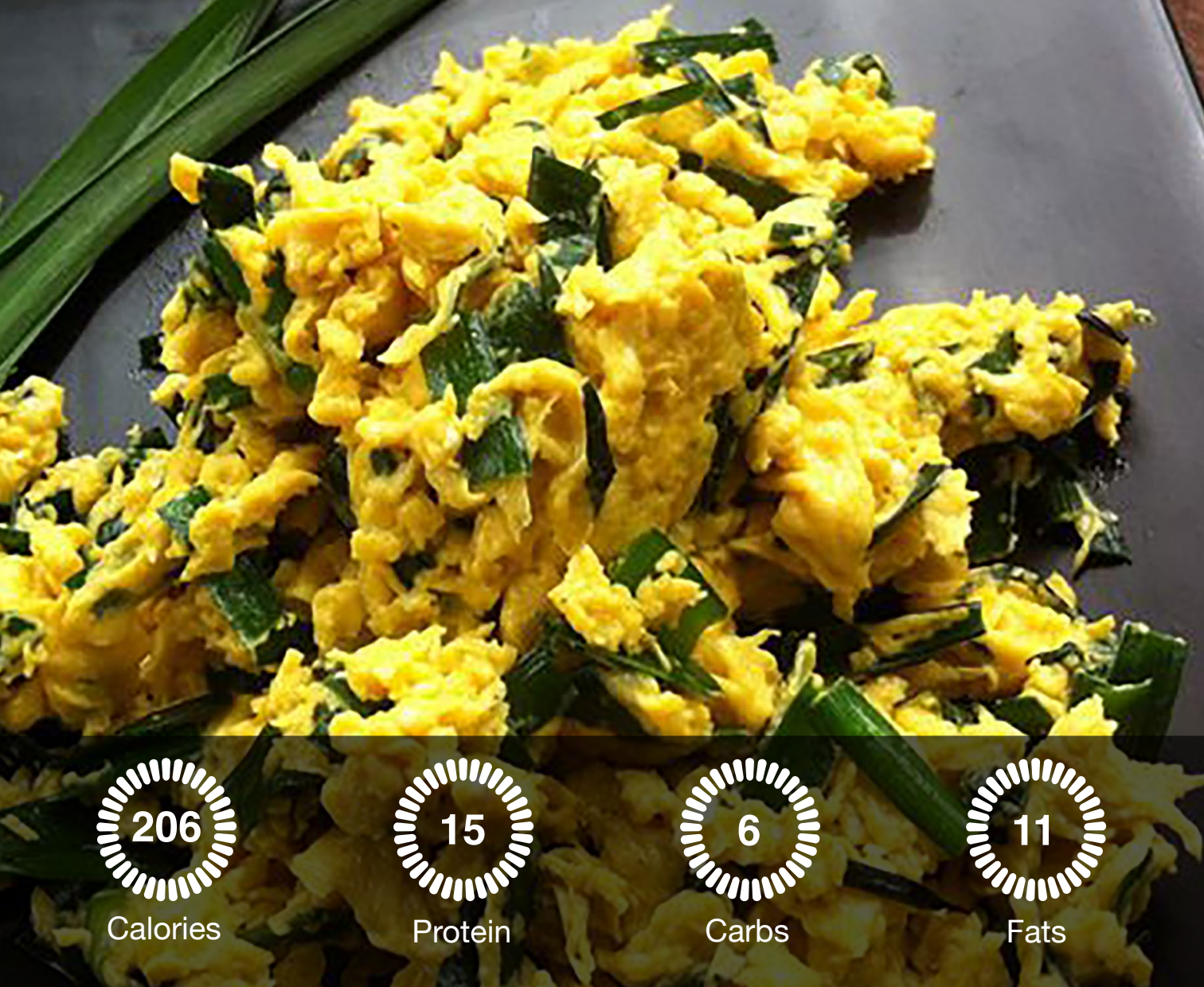
Carbs



Fats



ASIAN SCRAMBLE



Calories



Protein



Carbs



Fats

Breakfast Fruit Bowl

Serves 2

Ingredients

30g Plant Based Protein Powder
2 Bananas (Frozen Thin Slices)
125g Mango (Frozen Cubes)
160ml Coconut Water
80ml Coconut Milk

For The Topping

30g Mixed Berries
10g Mixed Seeds

Method

Place 3/4 of the frozen bananas, the mango, coconut water and coconut milk in a blender or food processor and blend until almost smooth, add in the protein powder and blitz until smooth.

Top with the remaining banana, mixed berries and seeds.



Calories



Protein



Carbs



Fats



BREAKFAST BOWL



Calories



Protein



Carbs



Fats

Vegan Pancakes

Serves 2

(4 pancakes, 2 per serving)

Ingredients

1 Ripe Banana (Mashed Up)

1tbsp Ground Flax Seed

30g Vegan Protein Powder

120ml Plant Milk

1/4tsp Cinnamon

1tsp Baking Powder

40g Oatmeal

Method

Create your 'flax egg' by combining the 1 tbsp flax with 2 tbsp water in a cup and let sit for a few minutes.

Mash the banana in a bowl and add the flax egg mix and then slowly add in the the remaining ingredients. Make sure you mix well to combine it all.

Using a non stick pan, add 1/4 of the mixture at a time, leave space in the pan around the mixture. Cook on a medium heat for 3-5 minutes. Flip and cook for another 3-5 minutes (if they're still not finished lower temperature and cook for longer).



Calories



Protein



Carbs



Fats



VEGAN PANCAKES



Calories



Protein



Carbs



Fats



Lunch

Warm Squash, Tofu & Bulgur wheat Salad

Serves 2

Ingredients

80g Tofu (Drained, Pressed & Diced)

500g Squash (Diced)

1tbsp Avocado Oil

½tsp Honey

20g Walnuts (Crushed)

55g Bulgur Wheat

75g Spinach

Seasoning Mix

1tsp Smoked Paprika

¼tsp Chili Flakes

2tsp Dried Thyme

1tsp Garlic Granules

Salt & Pepper

Method

Heat the oven to 200°C/Gas Mark 6.

Sprinkle the season mix over the squash. Coat them all in the oil and honey.

Place on a baking tray lined with baking paper. Bake in the oven for about 20 minutes, halfway through cooking time add the walnuts and drained tofu.

Place the bulgur into a small pot, and add ¾ cup of water, season with salt and bring to boil. Simmer under cover for about 20 minutes until tender, and all the liquid is absorbed, add the spinach.

Mix the cooked bulgur in with the roasted squash, walnuts and tofu on the baking tray.

This dish can be served warm or cold. Try adding a few pomegranate seeds and some spring onions.



Calories



Protein



Carbs



Fats



WARM SQUASH SALAD



Calories



Protein



Carbs



Fats

Spicy Tempeh

Serves 4

Ingredients

400g Tempeh

For The Sauce:

45g Smooth Peanut Butter

100ml Unsweetened Almond Milk

1tbsp Sesame Oil

1tbsp Lime Juice

1tbsp Soy Sauce

1/2 Turmeric

1tbsp Honey

1/2tsp Chili Flakes

1tsp Ginger (Grated)

For The Salad

300g White Cabbage (Shredded)

1/2 Cucumber (Diced)

100g Carrot (Grated)

1tbsp Sesame Oil

1tsp Honey

1tbsp Lime Juice

Method

Cut the tempeh into 16 even pieces.

Mix all the ingredients for the sauce in a bowl. Add in the tempeh and stir until all piece are covered. Cover the dish or place in an airtight container and store in the fridge overnight (or a least 1-2 hours).

Preheat the oven to 190°C/Gas Mark 5

Place on a tray covered in baking paper and bake for 20-25 minutes checking to prevent burning. Save the rest of the marinade for serving.

Mix all the slaw ingredients, season with salt and pepper.



Calories



Protein



Carbs



Fats



SPICY TEMPEH



Calories



Protein



Carbs



Fats

Broccoli Soup

Serves 2

Ingredients

1tbsp Coconut Oil
200g Leeks (Chopped)
2 Broccoli Heads (Florets)
1 Large Potato (Peeled & Small Diced)
1tsp Turmeric
1tsp Salt
3 Litres Stock
6tbsp Alpro Yogurt

Method

Heat the oil in a large pot over medium heat. Add the leeks and cook for around 5-6 minutes, until leeks are softened.

Add in the ginger, broccoli florets, chopped potato, turmeric, salt, sesame oil and stock.

Bring to a boil, reduce the heat and simmer for 10 minutes until the vegetables are soft.

Blend until creamy and smooth with a hand blender, then season to taste with salt and freshly ground black pepper.



Calories



Protein



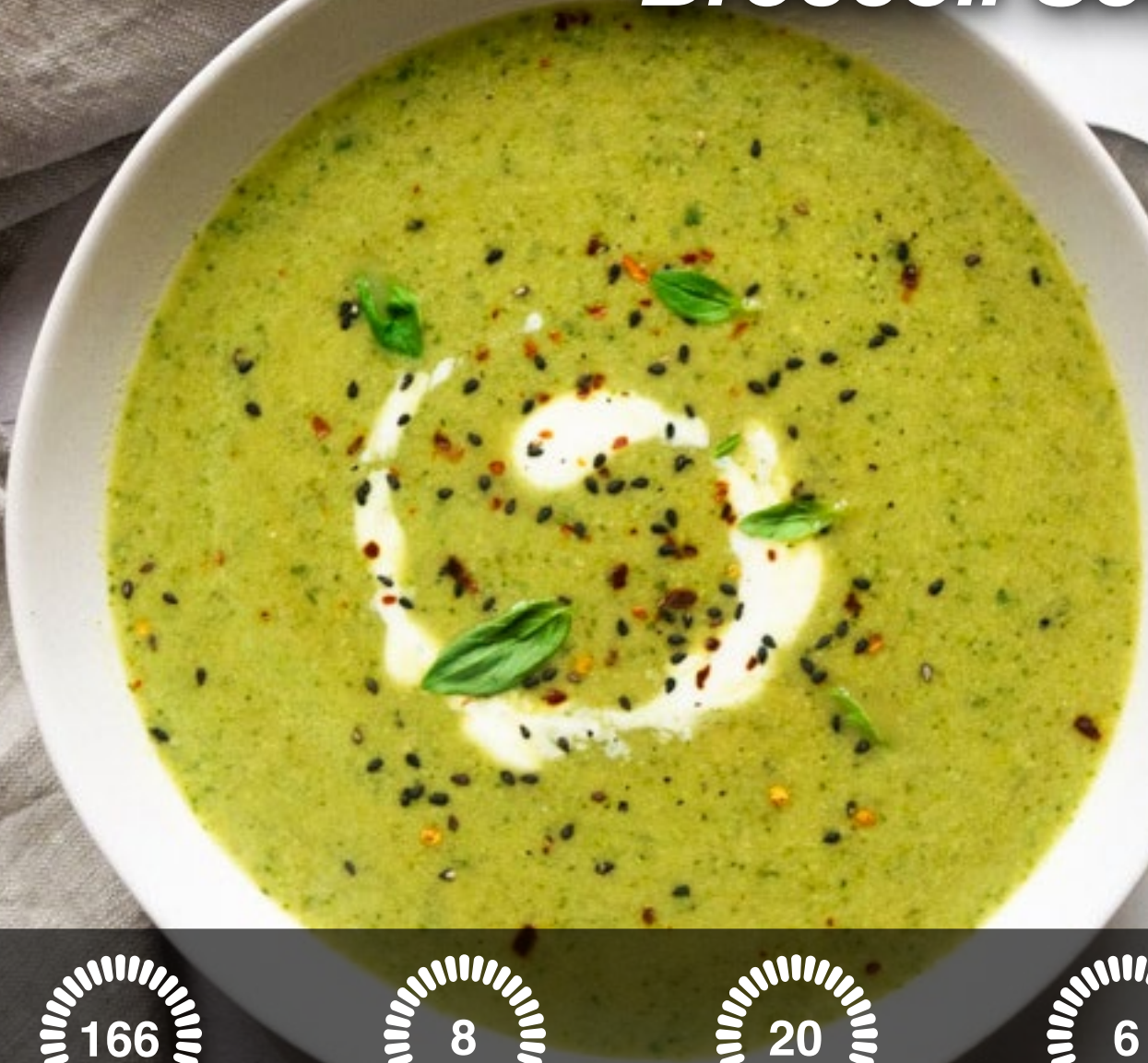
Carbs



Fats



Broccoli Soup



Calories



Protein



Carbs



Fats



Dinner

Mongolian Seitan

Serves 4

Ingredients

450g Seitan (1" Strips)

1tbsp vegetable oil

For The Sauce

2tsp Vegetable Oil

1/2tsp Ginger (Minced Or Grated)

3 Garlic Cloves (Minced Or Grated)

1tsp Chinese Five Spice (Optional)

1/3tsp Red Chilli Flakes

120ml Low-Sodium Soy Sauce

100g Coconut Sugar

2tsp Cornstarch

2tbsp Cold Water

Method

Heat the vegetable oil in a small saucepan over medium heat. Add the ginger and garlic, stir constantly. After 30 seconds, add the five spice (if using) and red chilli flakes, cook for 30-60 seconds more, until fragrant. Add the soy sauce, coconut sugar and stir well.

Reduce the heat to medium-low, and let simmer until the coconut sugar is dissolved and slightly reduced, (about 5-7 minutes), stirring occasionally. Whisk together the cornstarch and cold water, then add it to the pan and stir. Cook for 2-3 more minutes, until the sauce becomes glossy and thickened slightly.

In a non stick pan, heat the vegetable oil over a medium-high heat. Add the seitan and cook, stirring frequently, for about 4-5 minutes or until slightly browned and crisped around the edges. Reduce the heat to low and add the sauce to the pan. Stir to coat all of the seitan pieces, and continue cooking until the sauce has adhered to the seitan.

Serve with steamed Jasmine rice if your plan allows



Calories



Protein



Carbs



Fats



MONGOLIAN SEITAN



Calories



Protein



Carbs



Fats

Vegan Chilli

Serves 3

Ingredients

110g Medium Onion (Diced)
1 Medium Pepper/Capsicums (Diced)
2-3 Cloves Garlic (Minced)
1 Red Chili Or Jalapeno (Sliced Finely)
250ml Vegetable Broth
1 Can Black Beans (Drained & Rinsed)
1 Can Lentils (Drained & Rinsed)
100g Corn
1 Can Chopped Tomatoes
1tsp Tomato Paste
2tsp Cumin
1tsp Paprika Powder
1tsp Chili Powder
1tsp Oregano
Salt And Pepper To Taste

Method

Add the onion, pepper/capsicums, garlic and chili with some water into a sauce pan and cook for 5 minutes on a medium to high heat. Next add in the broth, beans, lentils, sweetcorn, chopped tomatoes, tomato paste, spices and stir well. Simmer on medium heat for 20-30 mins, making sure you stirring occasionally.

Season with salt and pepper.



Calories



Protein



Carbs



Fats



VEGAN CHILLI



Calories



Protein



Carbs



Fats

Smokey Goulash

Serves 4

Ingredients

600g Tofu
2 Aubergine/Eggplants
2tbsp Olive Oil
1 Onion (Diced)
2 Garlic Cloves (Minced)
1 Red Bell Pepper/Capsicum (Chopped)
1 Red Chili Pepper (Finely Chopped)
1tbsp Lemon Juice
1tsp Smoked Paprika
1tsp Sweet Paprika
1Can Chopped Tomatoes
1tbsp Tomato Paste
2tbsp Chopped Parsley

Method

Wash the aubergine/eggplant and cut them into ¼ inch slices. Season on both sides with salt and put aside for about 20-30 minutes.

In a large pan, heat 1 tbsp. of oil and fry the onion for 2 minutes, then add the minced garlic and cook together for another 1-2 minutes. Add the chopped capsicum/pepper and finely chopped chili peppers. Fry for about 4 minutes stirring constantly. Add in the lemon juice, season with both paprika powder and freshly ground black pepper and continue to cook.

Dry the aubergine/eggplant with paper towels and cut into cubes. Add it to the pan and cook for 10 minutes, stirring occasionally.

Add in the chopped tomatoes and tomato paste, stir and bring to a boil.

Cover and cook for another 15 minutes until the eggplant is soft. If necessary, you can add a few tablespoons of water to reach a desired consistency of the sauce.

At the end, add the chopped parsley and check the seasoning for salt.



Calories



Protein



Carbs



Fats



SMOKEY GOULASH



Calories



Protein



Carbs



Fats



Snacks

Pb & Jelly Smoothie

Serves 1

Ingredients

30g Plant Based Protein
(Vanillia or Peanut Butter Flavour)
11g Peanut Butter
15g Oats
100g Frozen Raspberries
200mls Unsweetened Almond Milk

Method

Place all ingredients into a high-speed blender and blitz until smooth.



Calories



Protein



Carbs



Fats



PB & JELLY SMOOTHIE



Calories



Protein



Carbs



Fats

Mocha Brownies

Serves 6

Ingredients

90g Plant-Based Vanilla Protein Powder
40g Unsweetened Cocoa Powder
50g Old-Fashioned Oats
28g Truvia
240ml Cold Coffee

Try adding in a few crushed walnuts if you like.

Method

Line a 9x5" loaf pan with baking paper. In a large bowl, mix together the protein powder, cocoa powder, oats, and Truvia. Mix in the cold coffee until fully combined.

Transfer the mixture into the prepared pan, and evenly press it down with a spatula. Chill for at least 2 hours, or until firm, before slicing into 6 bars.

The bars can be somewhat fragile and flimsy, even if eaten directly from the refrigerator. For firmer bars, freeze for 10-20 minutes before eating.

Notes:

Not all protein powders absorb liquids or weigh the same. Start with 3 scoops of your chosen powder, slowly add the coffee until the mixture is firm, this might take more or less than the stated amount.

Do not substitute whey-based protein powder, as this doesn't absorb liquid in the same way and the recipe will not work.



Calories



Protein



Carbs



Fats



MOCHA BROWNIE



Calories



Protein




Carbs



Fats



 paul_wallace_fitness

 Designed and produced by @Nutritional_bear