

# VEGANUARY

**BROUGHT TO YOU BY**



**IN COLLABORATION WITH**



Drink up to 2.5 litres of water per day.

ProVeg South Africa brings you an affordable, easy & delicious plant-based

**1 WEEK MEAL PLAN FOR 1 PERSON FOR UNDER R50 PER DAY!**

This is made possible by getting all your ingredients from Food Lover's Market.

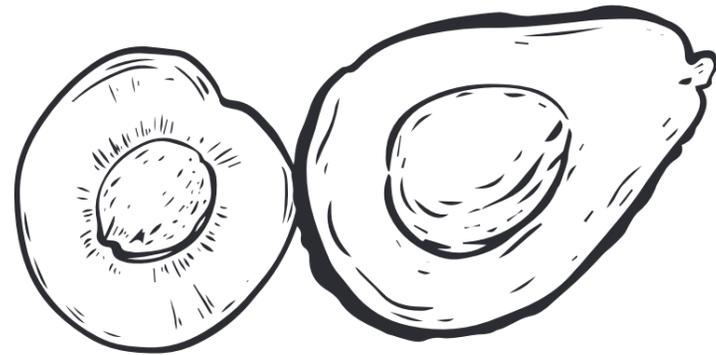
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**FOOD LOVER'S MARKET**



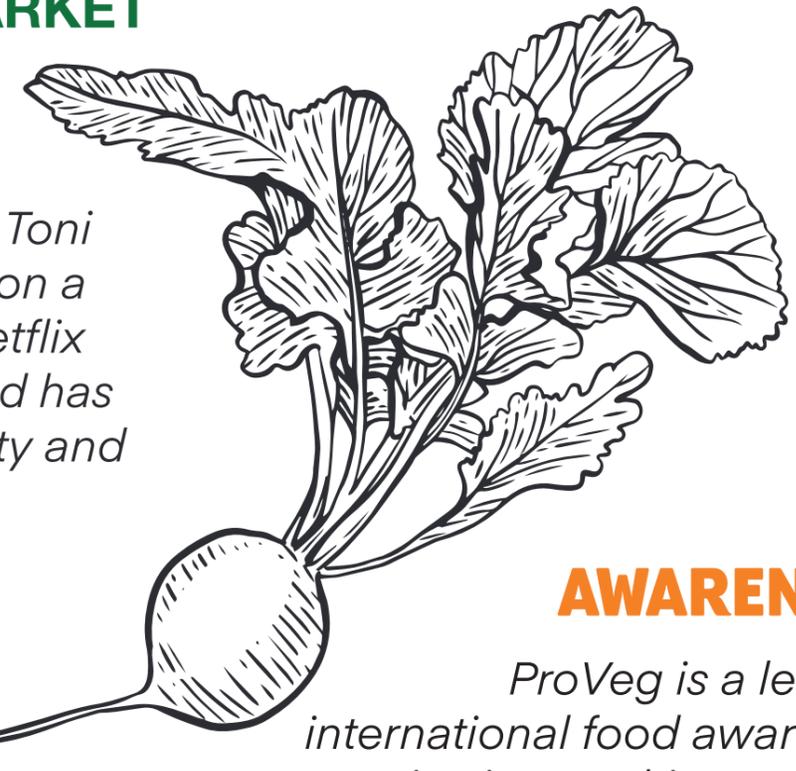
## COLLABORATION

Food Lover's Market is collaborating with ProVeg South Africa in promoting Veganuary 2021, a global pledge to get people to eat more sustainable, healthy options by trying a vegan or plant-based diet for the month of January. Veganuary does a wonderful job of supporting all participants with recipes and educational content, which contributes to their success of receiving 1 million sign ups since their launch in 2014.

To prepare your taste buds for January, ProVeg South Africa brings you an affordable, easy and delicious plant-based one week meal plan for one person for under R50 per day! This is made possible by getting all your ingredients from Food Lover's Market.

## MEAL PLAN

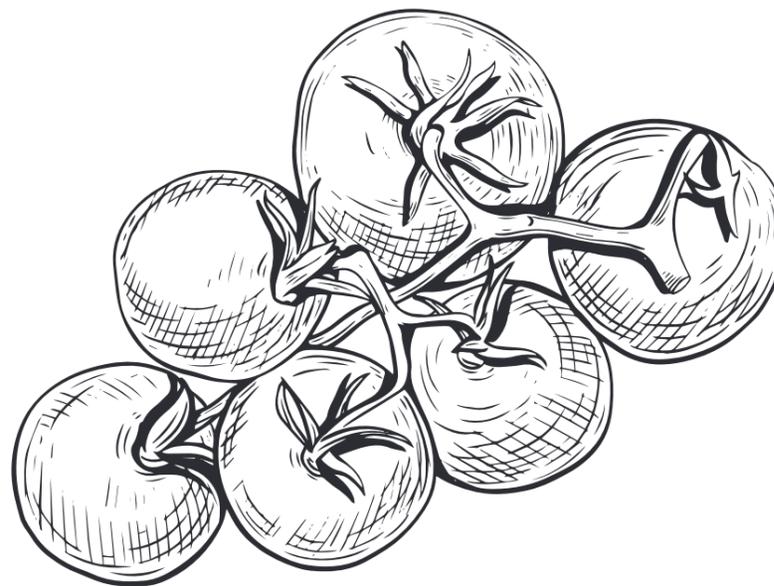
*This meal plan was sourced from Toni Okamoto, author of Plant-Based on a Budget. It was featured on the Netflix documentary What The Health, and has now been adapted to the availability and cost of ingredients found in Food Lovers Market.*



## AWARENESS

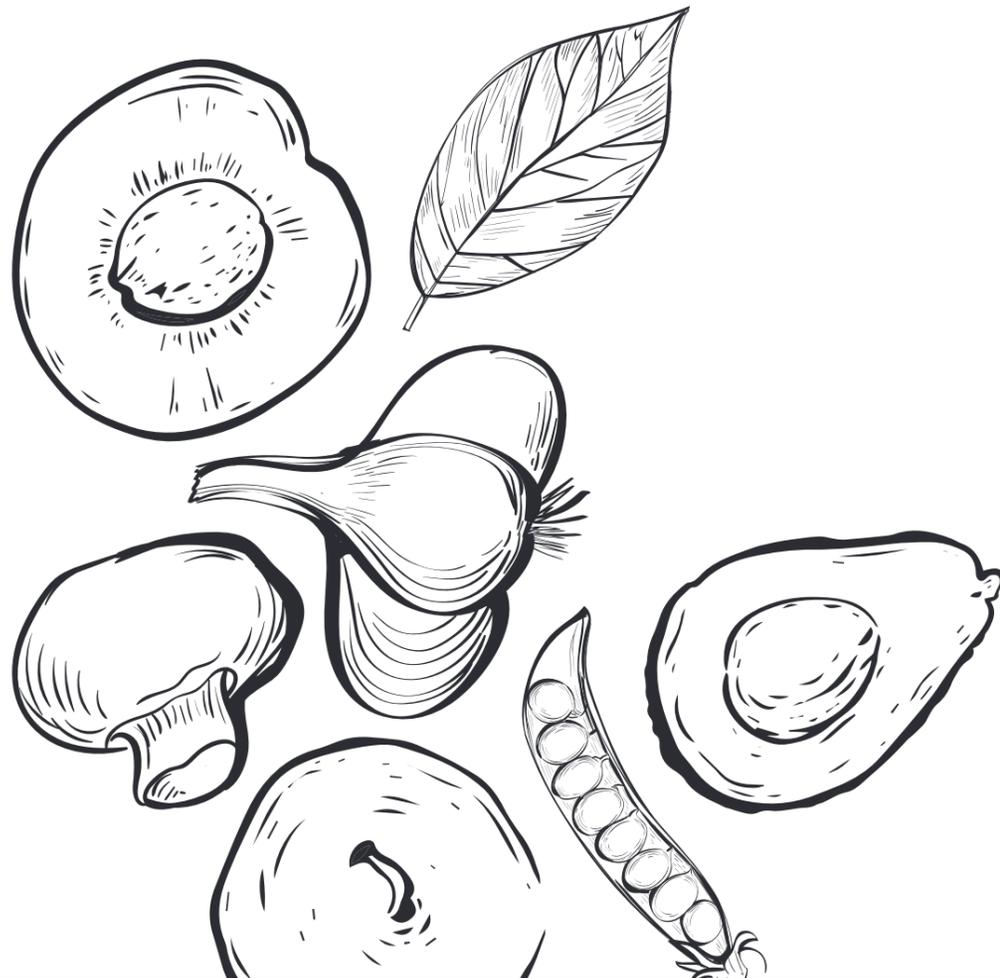
*ProVeg is a leading international food awareness organisation working across 4 continents, striving for a world where everyone chooses healthy and delicious food that is good for humans, animals and the planet.*

*ProVeg South Africa will be supporting Veganuary 2021, while raising awareness of the plantbased diet as a multi-problem solution. Find out more at [www.proveg.com/za](http://www.proveg.com/za), or Instagram @provegza*



# ONE WEEK PLANT-BASED MEAL PLAN FOR ONE

Try this one week vegan meal plan for one which averages about R50 per day.



**THIS PLANT-BASED MEAL PLAN IS APPROPRIATE FOR A TIGHT BUDGET.**  
IN ORDER TO SAVE MONEY, SOME OF THE MEALS WILL BE MADE IN BULK & EATEN AS LEFTOVERS.

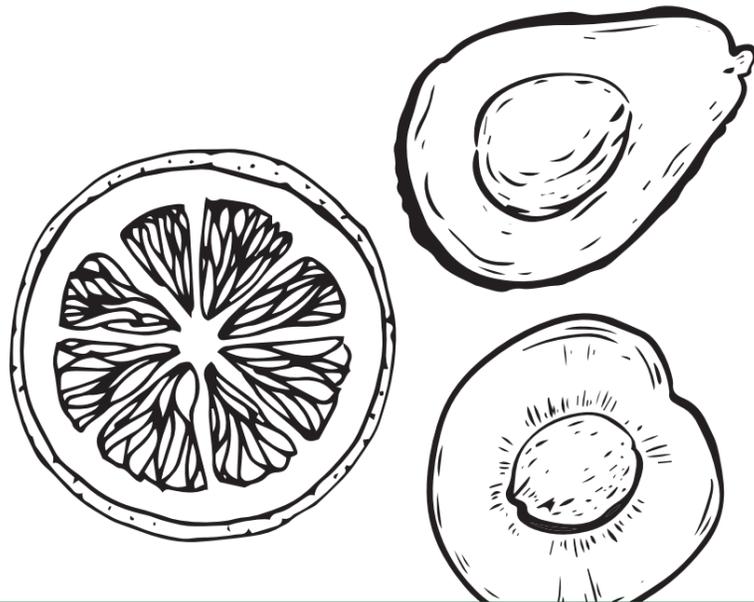
	BREAKFAST	LUNCH	DINNER
<b>DAY 1</b>	High-Fibre Breakfast Cereal	Fresh Summer Chickpea Salad	Barley & Vegetable Soup
<b>DAY 2</b>	Banana & Cinnamon Overnight Oats	<b>Leftover</b> Fresh Summer Chickpea Salad	Saucy Vegetable Pasta
<b>DAY 3</b>	High-Fibre Breakfast Cereal	<b>Leftover</b> Barley & Vegetable Soup	Chickpea Curry
<b>DAY 4</b>	Banana & Cinnamon Overnight Oats	<b>Leftover</b> Saucy Vegetable Pasta	<b>Leftover</b> Chickpea Curry
<b>DAY 5</b>	High-Fibre Cereal	<b>Leftover</b> Barley & Vegetable Soup	<b>Leftover</b> Chickpea Curry
<b>DAY 6</b>	Banana & Cinnamon Overnight Oats	<b>Leftover</b> Barley & Vegetable Soup	<b>Leftover</b> Saucy Vegetable Pasta
<b>DAY 7</b>	Green Super Smoothie	<b>Leftover</b> Barley & Vegetable Soup	<b>Leftover</b> Saucy Vegetable Pasta

**REMEMBER TO KEEP YOUR LEFTOVERS FOR THE FOLLOWING, OR ANOTHER DAY FOR A DIFFERENT MEAL.**  
FOR EXAMPLE, THE BARLEY SOUP ON DAY 1 WILL ALSO BE YOUR LUNCH ON DAY 3.

# INGREDIENTS/ SHOPPING LIST

## FRESH PRODUCE

- 1 Bunch of Kale
- 4 Bananas
- 1 Bunch of Dhania/ 30g Coriander
- 1 Head of Garlic
- 1 Small lemon
- 1 Apple
- 2 Small onions
- 1 Orange (for snacking)
- 2 Small tomatoes
- 1 Large cucumber
- 1 Large head of lettuce
- 1 Bunch of celery



## PANTRY

- 1kg Brown Rice
- 500g Pearl Barley
- 1kg Quick Oats
- ¼ Cup raw sunflower seeds
- 2 Tablespoons cinnamon
- 2 Tablespoons curry
- ½ Tsp cumin
- ½ Tsp ground ginger
- Fatti's & Moni's Macaroni 500g
- 1 Tin Cannellini beans
- 2 Tins Chickpeas
- 1 Tin tomatoes
- 1 Tin of pasta sauce
- 1L Almond Breeze Unsweetened Almond Milk
- 1 Package of Vegetable Stock
- 2 x 250g Penny Lane Frozen Mixed Veg
- 6 Weetbix biscuits

## OPTIONAL EXTRAS

- Extra Firm Tofu
- Fresh or Frozen Berries
- More seasonal, Summer fruit for snacking
- Salad Dressing
- Bananas
- Black Pepper



**THIS MEAL PLAN IS FOR ONE PERSON, FOR ONE WEEK WITH A BUDGET OF R50 PER DAY.**

*If you wish to add different or more spices to your liking that is up to you. If you wish to do this for more than one person, simply increase the amounts according to the portions you wish to make.*





**YOUR WEEKLY MEAL PLAN**

# **RECIPES**

**Go Vegan This Month**

# GREEN SMOOTHIE



# BREAKFAST

## HIGH-FIBRE CEREAL AND MILK

### INGREDIENTS:

1 to 2 weetbix  
1 ½ cup almond milk

### OPTIONAL INGREDIENTS:

A banana  
Some blueberries

### DIRECTIONS:

1. In a standard-size bowl, add the weetbix.
2. Pour in almond milk on top of your cereal

## GREEN SMOOTHIE

### INGREDIENTS:

2 peeled and frozen bananas  
Remaining kale  
1 ½ cups of almond milk

### OPTIONAL INGREDIENTS:

A banana  
Some blueberries

### DIRECTIONS:

1. In a blender, blend all the ingredients on high until smooth

## OVERNIGHT OATS

### INGREDIENTS:

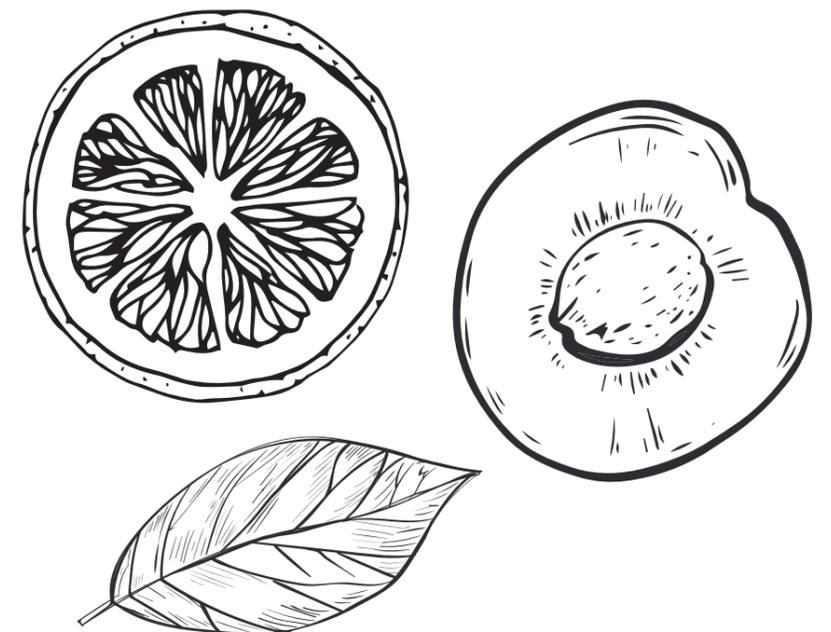
1 cup of quick oats  
1 cup of almond milk  
1 ½ tablespoons of raw sunflower seeds  
½ of a banana, sliced  
¼ teaspoon of cinnamon

### OPTIONAL INGREDIENTS:

A banana  
Some blueberries

### DIRECTIONS:

1. Add the oats, sunflower seeds, milk and water to a storage container, glass or mason jar. Cover with a lid or aluminium-foil and refrigerate overnight.
2. In the morning, mix and enjoy chilled. (No cooking or heating is necessary - the oats soften overnight)
3. Garnish with sliced banana to sweeten





## FRESH SUMMER CHICKPEA SALAD

# LUNCH

## FRESH SUMMER CHICKPEA SALAD

*Heads-up: You'll be making this twice. You can either double this recipe and do all your preparation in one swoop, or if you want your veggies extra crispy, you can make it separately today and tomorrow.*

### INGREDIENTS:

*2 cups of chopped lettuce  
1 cup of chopped cucumber  
¾ cup of cooked chickpeas  
1 small tomato, diced  
¼ of a yellow onion, diced  
A squeeze of lemon juice*

### OPTIONAL INGREDIENTS:

*A sprinkle of black pepper  
Your favourite salad dressing*

### DIRECTIONS:

- 1. In a salad bowl, add the lettuce, cucumber, chickpeas, and any other salad additions you'd like.*
- 2. Drizzle with salad dressing, if using.*



# DINNER

## SAUCY VEGETABLE PASTA

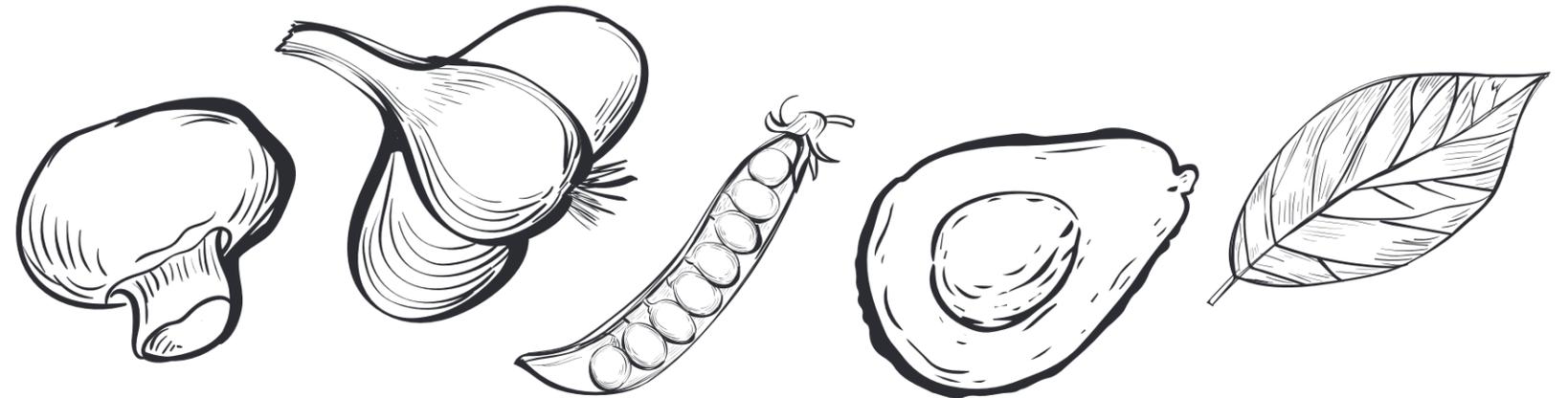
### INGREDIENTS:

2 cups of pasta  
1 tablespoon of vegetable oil OR ¼ cup of water (more if needed)  
½ onion, diced  
3 garlic cloves, minced  
250g frozen mixed vegetables  
1 can of cannellini beans, drained and rinsed  
1 can of pasta sauce

### DIRECTIONS:

1. In a large pot over medium-high heat, boil water and cook the pasta according to the directions on the package. Remove from the heat and drain.
2. While the pasta cools, begin on the veggies! In a large pan over medium-high heat, heat the vegetable oil and sauté the onion and garlic for 3 minutes or until the onion becomes tender and translucent. Add the frozen mixed veggies and sauté for 3 to 4 minutes, until the broccoli is heated. Add the can of cannellini beans, cooked pasta and pasta sauce.

**SAUCY  
VEGETABLE  
PASTA**



## BARLEY & VEGETABLE SOUP

### INGREDIENTS:

1 tablespoon of vegetable oil OR ¼ cup of water (more if needed)  
½ onion, diced  
3 garlic cloves, minced  
2 cups of sliced celery  
250g of frozen mixed vegetables  
2 cups of pearl barley  
14 cups of water  
Vegetable stock  
¼ cup of minced coriander

### OPTIONAL INGREDIENTS:

Extra firm tofu, cubed  
Sprinkled black pepper

### DIRECTIONS:

1. In a large pot over medium-high heat, heat the oil.
2. Add the onion and garlic and sauté for about 2 to 3 minutes. Add the celery, mixed veg, and sauté for 3 to 4 minutes, or until the veggies are tender.
3. Add the pearl barley, water, vegetable stock, and bring to a boil. Once it's boiling, cover the pot with a lid, and bring to simmer for 40 minutes.
4. Stir in the minced coriander.



## CHICKPEA CURRY

### CHICKPEA CURRY

#### INGREDIENTS:

1 cup of uncooked brown rice  
2 cups of water  
2 tablespoons of curry powder, divided  
½ teaspoon of cinnamon  
½ teaspoon of cumin  
½ teaspoon of ground ginger  
1 can of chickpeas, rinsed and drained  
1 tablespoon of vegetable oil OR ¼ cup of water (more if needed)  
½ onion, diced  
3 garlic cloves, minced  
1 tin of tomatoes  
1 cup of water  
1 cup of kale, finely chopped

#### DIRECTIONS:

1. Preheat the oven to 230 ° C.
2. Add rice and water to a medium pot with a lid. On a high wattage, bring to boil. Cover with the lid and reduce the heat to low. Cook for 40 minutes. Remove from the heat and fluff with a fork.
3. In a small bowl, mix 1 tablespoon of the curry, cinnamon, cumin and ginger. Toss the chickpeas in seasoning.
4. Place the chickpeas on a baking tray. Cook for 15 minutes.
5. While the chickpeas are baking, heat the onion, garlic, and oil in a non-stick pan for 2 to 3 minutes.
6. Add the tomatoes, water and 1 tablespoon of curry powder. Cover and continue to cook.
7. Add kale, and chickpeas to the curry and tomato mix. Let it simmer for 5 more minutes.
8. Serve over rice.

