



Week Without Meat

Quick Intro

5 days you can easily stick with

Switching to a Plant-Based diet for your health is possibly the best long-term decision you can make for yourself, and the sustainability of the planet.

For us, our nutritional background and love for food meant that a balance of delicious and nutritious food on a plant-based diet is essential.

While food is consumed for fuel, we know it's a lot more than that, and we've spent the last 2 years creating and refining some of the very best Plant Based meals that we're presenting to you.

So why is this challenge only 5 days?

This is an introduction to your transition that's going to help you sustainably stay in great shape, and these 5 days are the beginning of a new chapter.

We hope you love them and join us in becoming part of the community in the best shape of their lives.

Day 1

Breakfast

Pumpkin Porridge



Ingredients (Yields - 1):

- 1 tsp coconut oil
- 1 apple, diced
- Handful of Pecans
- 1 tbsp Agave Nectar
- 1 cup Plant Milk
- 1 cup Oats
- 1/2 cup Water
- 2 tbsp Pumpkin Puree

Spices:

- Nutmeg, Ginger and Cinammon

Calories:

420 (Using Cashew Milk)

Protein: 10g

Carbs: 68g

Fat: 14g

Method:

1. In one pan, add the coconut oil and melt over a medium heat.
2. Add the slices of Apple, pecans, and cinnamon. Allow them to cook and soften.
3. Once soft, add the agave nectar and cook for a further 5 minutes.
4. In another pan, add the milk, water, and oats together. Slowly cook for 5 minutes.
5. Then add the pumpkin puree into the mix along with the rest of the spices.
6. Cook until the porridge has reached your desired consistency. Then serve in a bowl with the pecans and apple slices on top.

Lunch

Mushroom and Orzo soup



Ingredients (Yields - 1):

- 1/2 tsp coconut oil
- 1 shallot
- 2 cloves of garlic
- 1 stick of celery
- 1 cup vegetable broth
- 1 cup broccoli
- 30g chopped mushrooms
- 5 cashew nuts
- 50g orzo
- Fresh Basil
- Ground Pepper

Calories:

248

Protein: 12g

Carbs: 36g

Fat: 8g

Method:

1. Start with the coconut oil in a pan, and melt it.
2. Add the shallot, garlic and celery in the pan and sweat them for 8 minutes.
3. Then add the vegetable broth with the broccoli, cashew nuts, orzo and mushrooms.
4. Cook for a further 8 minutes or until the orzo is soft.
5. Once cooked, stir in the fresh basil and serve.
6. Grind some pepper on top.

Dinner

Quinoa, Kale and Chickpea Saute



Ingredients (Yields - 2):

- 100g Quinoa
- 1 tbsp olive oil
- 300g kale
- Fresh coriander
- 1 unwaxed Orange zest
- 1 can of Chickpeas
- 8 cherry tomatoes

Tahini Dressing:

- 2 tbsp tahini
- 1 tbsp extra virgin olive oil
- 1 Garlic clove, chopped
- 4 tbsp fresh orange juice
- Fresh ground pepper

Calories:

598

Protein: 23g

Carbs: 62g

Fat: 29g

Method:

1. Cook the quinoa following the packaging instructions. Set aside and place in a large bowl once finished.
2. Then in a small bowl, whisk together everything for the dressing, plus 5 tbsp of boiling water until smooth. Season with P & S if desired.
3. Heat the oil in a pan, and add the kale, tomatoes, and chickpeas in for 1-2 minutes.
4. Mix in the kale with the quinoa, then serve in a large bowl.
5. Garnish with Orange zest and drizzle the orange tahini dressing over each bowl.

Day 2

Breakfast

Carrot Cake Porridge



Calories:

553

Protein: 13g

Carbs: 107g

Fat: 11g

Method:

1. Slice the banana and add it to a pan with a little heat. Add a little water to stop it from burning.
2. Once a little soft, mash it with a fork.
3. Then add the oats, milk and carrot. Cook for 1 minutes.
4. Add the spices, flaxseed and agave syrup and cook until you've achieved your desired consistency.
5. Add the mix to a bowl and finish it off with your favourite toppings.

Ingredients (Yields - 1):

- 1 banana
- 1 carrot
- 1 cup of Rolled oats
- 1 1/2 cups of Cashew milk
- 1 tsp Nutmeg
- 1 tsp Cinamon
- 1 tbsp Agave syrup
- 2 tsp flaxseed

Recommended Toppings:

- Chia seeds
- Pumpkin seeds
- Frozen berries

Lunch

Quinoa, Kale and Chickpea Saute



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3. Heat the oil in a pan, and add the kale, tomatoes, and chickpeas in for 1-2 minutes.
4. Mix in the kale with the quinoa, then serve in a large bowl.
5. Garnish with Orange zest and drizzle the orange tahini dressing over each bowl.

Dinner

Edamame and Peanut Noodles



Ingredients (Yields - 2):

- 100g whole wheat noodles
- 1 cup frozen edamame beans
- 1 tbsp peanut butter
- $\frac{1}{4}$ cup rice vinegar
- Sriracha
- Salt
- $\frac{1}{4}$ cup of water
- $\frac{1}{2}$ cup shredded carrot
- 1 granny smith apple, finely sliced

Calories:

338

Protein: 14g

Carbs: 42g

Fat: 10g

Method:

1. Cook the noodles following the package instructions. As they usually take 5 minutes, add them and the edamame beans to the same water and cook.
2. In a bowl, combine all other ingredients and mix them together.
3. Add the noodles and edamame beans that that bowl and mix everything together.
Serve up.

Day 3

Breakfast

Tofu Scramble



Ingredients (Yields - 2):

- 200g drained Tofu
- 4 spring onions
- 1 cup spinach
- 2 cherry tomatoes
- Juice of half a lemon
- 1/2 cup of fresh basil
- 2 slices of wholemeal toast

Spices

- Turmeric
- Salt & Pepper
- Rosemary
- 1 tbsp Soy sauce

Calories:

390

Protein: 23g

Carbs: 33g

Fat: 20g

Method:

1. Unpack the tofu and press it to drain the water.
2. Once drained, scramble the tofu in a large pan.
3. Add in the soy sauce along with the rest of the rest of the spices. Make sure you spread the spice on the tofu.
4. Push the tofu to one side, and add your spring onions with a little water to avoid burning.
5. 5 minutes later, add your spinach, tomatoes and lemon juice. Once the spinach has curled up, remove it from the heat and tir in the fresh basil.

Lunch

Edamame and Peanut Noodles



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- 100g whole wheat noodles
- 1 cup frozen edamame beans
- 1 tbsp peanut butter
- $\frac{1}{4}$ cup rice vinegar
- Sriracha
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Calories:

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Carbs: 42g

Fat: 10g

Method:

1. Cook the noodles following the package instructions. As they usually take 5 minutes, add them and the edamame beans to the same water and cook.
2. In a bowl, combine all other ingredients and mix them together.
3. Add the noodles and edamame beans that that bowl and mix everything together.
Serve up.

Dinner

Buckwheat, Coconut and Kale Curry



Ingredients (Yields - 2)

- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp fresh ginger
- 1/3 cup cashew nuts
- 1/2 cup dry Buckwheat
- 1 can coconut milk
- 2 tbsp soy sauce
- 1 cup Kale, chopped
- 2 tsp lemon juice
- 1 tsp - turmeric, paprika, ground coriander, & cumin

Garlic Kale:

- 2 1/2 cups Kale
- 2 cloves garlic
- 1 tbsp oil
- Salt & Pepper

Calories:

494

Protein: 16g

Carbs: 64g

Fat: 26g

Method

1. Add the onion, garlic, and ginger to a large skillet with a little water. Sweat for 8 minutes.
2. Add the buckwheat and cashew nuts and cook for 2-3 further minutes, until golden brown.
3. Now add the spices
4. Add the coconut milk, soy sauce and chopped kale. Cover and cook for 20 minutes until the buckwheat is cooked.
5. Once finished, serve.

Garlic Kale:

1. Heat a little oil in a pan and add the garlic cloves. Cook for 2 minutes, then add the Kale. Cook for approx 3 minutes, then add S & P.

Day 4

Breakfast

Avocado on Toast



Ingredients (Yields - 1):

- 3 cherry tomatoes
- 1 medium avocado
- Juice of half a lemon
- Fresh Coriander
- Cayenne Pepper
- Salt and Pepper
- 1 slice of rye bread
- Chilli flakes

Calories:

338

Protein: 6g

Carbs: 21g

Fat: 25g

Method:

1. Smash the avocado in a bowl, then add the lemon juice, tomatoes, and fresh coriander.
2. Toast the rye bread, then serve the guac on top
3. Season with everything else.

Lunch

Buckwheat, Coconut and Kale Curry



Ingredients (Yields - 2)

- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp fresh ginger
- 1/3 cup cashew nuts
- 1/2 cup dry Buckwheat
- 1 can coconut milk
- 2 tbsp soy sauce
- 1 cup Kale, chopped
- 2 tsp lemon juice
- 1 tsp - turmeric, paprika, ground coriander, & cumin

Garlic Kale:

- 2 1/2 cups Kale
- 2 cloves garlic
- 1 tbsp oil
- Salt & Pepper

Calories:

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Protein: 16g

Carbs: 64g

Fat: 26g

Method

1. Add the onion, garlic, and ginger to a large skillet with a little water. Sweat for 8 minutes.
2. Add the buckwheat and cashew nuts and cook for 2-3 further minutes, until golden brown.
3. Now add the spices
4. Add the coconut milk, soy sauce and chopped kale. Cover and cook for 20 minutes until the buckwheat is cooked.
5. Once finished, serve.

Garlic Kale:

1. Heat a little oil in a pan and add the garlic cloves. Cook for 2 minutes, then add the Kale. Cook for approx 3 minutes, then add S & P.

Dinner

Sweet Potato and Peanut Stew



Ingredients (Yields - 2)

- 1 tsp coconut oil
- 1 onion, chopped
- 2 cloves, garlic
- 1 tin chopped tomatoes
- 1 1/2 cups vegetable broth
- 1 medium sweet potato, cubed
- 1 tbsp peanut butter
- Chilli powder
- Oregano
- 4 cherry tomatoes
- 2 cups Kale
- 1 tin Chickpeas, drained

Calories:

390

Protein: 17g

Carbs: 58g

Fat: 10g

Method:

1. Melt the coconut oil in a pan.
2. Add the onions and garlic, then sweat for 8 minutes until soft.
3. Add the chopped tomatoes, and vegetable broth, then bring to simmer.
4. Now add the sweet potato, peanut butter and spices. Now simmer for 15 minutes.
5. Once the potato is soft, add the cherry tomatoes, kale and chickpeas. Simmer for a further 4-5 minutes until the chickpeas are soft.
6. Now serve

Day 5

Breakfast

Smoothie



Calories:

414

Protein: 32g

Carbs: 14g

Fat: 25g

Method:

1. Throw it all in a blender and blitz it until creamy.

Ingredients (Yields - 1)

- 200g frozen spinach
- 80g frozen berries
- 3 tbsp vegan protein powder
- 1 tbsp peanut butter
- 3/4 cup Almond milk
- 0.5 tbsp flaxseed
- 1 cup water

Lunch

Sweet Potato and Peanut Stew



Ingredients (Yields - 2)

- 1 tsp coconut oil
- 1 onion, chopped
- 2 cloves, garlic
- 1 tin chopped tomatoes
- 1 1/2 cups vegetable broth
- 1 medium sweet potato, cubed
- 1 tbsp peanut butter
- Chilli powder
- Oregano
- 4 cherry tomatoes
- 2 cups Kale
- 1 tin Chickpeas, drained

Calories:

390

Protein: 17g

Carbs: 58g

Fat: 10g

Method:

1. Melt the coconut oil in a pan.
2. Add the onions and garlic, then sweat for 8 minutes until soft.
3. Add the chopped tomatoes, and vegetable broth, then bring to simmer.
4. Now add the sweet potato, peanut butter and spices. Now simmer for 15 minutes.
5. Once the potato is soft, add the cherry tomatoes, kale and chickpeas. Simmer for a further 4-5 minutes until the chickpeas are soft.
6. Now serve

Dinner

10 Minute Sweet Potato Bowl



Ingredients (Yields - 1)

- 1 medium sweet potato
- 3/4 cup of lentils
- 1/3 cup frozen peas
- 1 tbsp lemon juice
- 1/4 cup roasted peppers
- 1/4 cup sundried tomatoes
- 1/3 cup black olives
- Sriracha
- 2 tsp ginger puree

Calories:

471

Protein: 21g

Carbs: 72g

Fat: 11g

Method:

1. Rinse and scrub the sweet potato.
2. Prick it on the outside and then microwave for 5 minutes.
3. Chop it up in the middle and add it to a bowl. Lentils and peas on top with the lemon juice. Now put it back in the microwave for 2 minutes.
4. Add the pepper, sundried tomato and black olives as well as ginger puree and hot sauce if using.
5. Once cooked to your satisfaction, serve immediately.

Day 6

Breakfast

Chia Seed Porridge



Ingredients (Yields - 1)

- 1 cup almond milk
- 1 tbsp hemp seeds
- 2 tbsp chia seeds
- 1 tbsp flax seeds
- 3 tbsp oats

Toppings:

- 1 tsp cinnamon
- 1 banana
- Frozen berries
- Peanut butter

Calories:

352

Protein: 13g

Carbs: 32g

Fat: 18g

(Without Toppings)

Method:

1. Add the oats, milk, flax seeds and chia seeds into a bowl.
2. Leave it to sit for 30 minutes.
3. Add more of anything to achieve your desired consistency.
4. Heat for 2-3 minutes in a microwave.
5. Serve with desired fruits on top.

Lunch

Butternut Squash Salad



Ingredients (Yields - 1)

- 1 1/2 cups spiralized butternut squash (pre-cooked)
- 3 garlic cloves
- 1 red chili
- 1 tsp chives
- 1/4 cup white wine vinegar fermented with ginger
- 1/3 cup lime juice
- 3 baby plum tomatoes
- 1 tbsp roasted peanuts
- 1 tsp sesame seeds
- Fresh basil

Calories:

156

Protein: 6g

Carbs: 19g

Fat: 8g

(Low Calorie)

Method:

1. In a pestle and mortar, add the garlic, chili, and chives. Mash it.
2. Followed by the white wine vinegar and lime juice. Stir and set aside.
3. Heat up your spiralized butternut squash for approximately 2 minutes.
4. Add this to a bowl, and add the liquid paste.
5. Tomatoes, peanuts, seeds and fresh basil on top.

Dinner

Tofu Burrito



Ingredients (Yields - 2)

- 2 Wholemeal wraps
- 80g wild rice
- 1/2 tin black beans
- 1/2 Tofu block (200g)
- 1/2 cup sweetcorn
- 1 large salad tomato
- 1/2 avocado
- Soy sauce
- Salt & Pepper

Calories:

514

Protein: 24g

Carbs: 69g

Fat: 17g

Method:

1. Heat the oven to 180C/350F
2. Cook the wild rice and set aside.
3. Press the tofu in a presser or plate to drain the water.
4. Once drained, chop into tiny pieces in a bowl. Add salt and pepper and soy sauce.
5. Place the tofu crumbs on a foiled tray for 20 minutes, or until crusty.
6. Heat the black beans through for 3-4 minutes on the hob.
7. Use 1 tortilla and add half all other ingredients to it. Wrap up and enjoy.

Day 7



Breakfast

Tofu Scramble



Ingredients (Yields - 2)

- 200g drained Tofu
- 4 spring onions
- 1 cup spinach
- 2 cherry tomatoes
- Juice of half a lemon
- 1/2 cup of fresh basil
- 2 slices of wholemeal toast

Spices

- Turmeric
- Salt & Pepper
- Rosemary
- 1 tbsp Soy sauce

Calories:

390

Protein: 23g

Carbs: 33g

Fat: 20g

Method:

1. Unpack the tofu and press it to drain the water.
2. Once drained, scramble the tofu in a large pan.
3. Add in the soy sauce along with the rest of the rest of the spices. Make sure you spread the spice on the tofu.
4. Push the tofu to one side, and add your spring onions with a little water to avoid burning.
5. 5 minutes later, add your spinach, tomatoes and lemon juice. Once the spinach has curled up, remove it from the heat and tir in the fresh basil.

Lunch

Tofu Burrito



Ingredients (Yields - 2)

- 2 Wholemeal wraps
- 80g wild rice
- 1/2 tin black beans
- 1/2 Tofu block (200g)
- 1/2 cup sweetcorn
- 1 large salad tomato
- 1/2 avocado
- Soy sauce
- Salt & Pepper

Calories:

514

Protein: 24g

Carbs: 69g

Fat: 17g

Method:

1. Heat the oven to 180C/350F
2. Cook the wild rice and set aside.
3. Press the tofu in a presser or plate to drain the water.
4. Once drained, chop into tiny pieces in a bowl. Add salt and pepper and soy sauce.
5. Place the tofu crumbs on a foiled tray for 20 minutes, or until crusty.
6. Heat the black beans through for 3-4 minutes on the hob.
7. Use 1 tortilla and add half all other ingredients to it. Wrap up and enjoy.

Dinner

Vegan Brinner



Ingredients (Yields - 1)

- 2 slices wholemeal bread
- 1/2 medium avocado
- 1/4 tin baked beans
- 2 linda McCarthy sausages
- 3 chestnut mushrooms
- 100g tofu
- 2 spring onions
- 1 tbsp soy sauce
- Turmeric
- Cayenne pepper
- Oregano
- 1 tbsp lemon juice
- 1 tsp ginger
- 1 tbsp olive oil

Calories:

842

Protein: 43g

Carbs: 79g

Fat: 36g

Method:

1. Cook the vegan sausages following instructions. Then press all the water out your tofu.
2. Add the soy sauce to a large pan and heat with tofu and spring onions.
3. Once heated, add the spices and brown the tofu.
4. In a separate pan, add some the rest of the oil in with the mushrooms. Cook on high heat.
5. In another pan, add the baked beans and cook through for 4 mins
6. Toast the bread and add it to a plate.
7. Add everything else, and serve.

Snacks

Now we know what you're probably thinking if you've got here before going through a day of the meals.

The meals look good, but they're so little calories for me, that I'm going to need snacks in between meals to stay satisfied. We would too.

So here's a list of snacks that we would recommend consuming during this week, with the calories for each snack:

- 1/4 cup almonds - 155 calories
- 1/4 cup cashews - 157 calories
- 1/4 cup pistachios - 170 calories
- 1/2 Apple and 1 tbsp of peanut butter - 157 calories
- 2 baby carrots and 2 tbsp hummus - 81 calories
- 1 banana - 105 calories
- 1 cup mixed berries - 70 calories
- 1/3 cup Soy nuts - 150 calories
- 30g roasted nuts - 178 calories

You don't have to always stick to this list, but you should be minimizing the consumption of processed foods, consuming a whole food, full of fiber to satisfy you until your next meal.

The point of a snack is to momentarily satisfy your hunger requirements until the next meal - not fill you up!

Meat-Free Month?

How did you find your meat-free week?

If you've just got here because you wanted to read this guide back to back before beginning, we hope you enjoy your week without meat.

But if you've just been through it, how great do you feel right now?

We'd love to hear from you so that we can not only further improve the product but also help you on your journey to achieving your weight loss goal through a plant-based diet.

Just drop us a line here:

hello@theholttwins.com