



MEAT FREE ZONE!

MEAT FREE MONDAYS SOUTH AFRICA 5 DAY PLANT-BASED EATING PLAN



EATING PLANT BASED IS EASY, DELICIOUS, AND THE BEST CHOICE
YOU CAN MAKE FOR YOUR HEALTH.

MEAT FREE MONDAYS SOUTH AFRICA

5 DAY PLANT-BASED EATING PLAN

Not only is eating less meat good for the environment but it is also good for you. By following a diet free from animal products you will help will end animal cruelty, mitigate global depletion of resources and improve your health. A vegan diet consists only of plant-based foods and research has shown there are a number of health benefits from skipping out on the meat, egg and dairy.

Health benefits of eating a plant-based diet include:

- Reduced cholesterol
- Boost antioxidants
- Reduced risk of cardiovascular disease
- Lowers blood pressure
- Reduces the risk of cancers such as colon, breast cancer and prostate cancer
- Reduces the risk of osteoporosis
- Increased energy and weight loss

Notes:

- Dairy free: Plant-based milks are delicious and readily available at retailers across South Africa. Check the recipes page for a divine home made strawberry almond milk recipe. Notes in the eating plan will let you know which are the best to use and when.
- Meat free: This diet plan includes plenty of meat substitutions that are high in protein, and free of preservatives and cholesterol. If you do have the time, consider making your own veggie burgers using the recipe provided on the recipe page.
- Sweeteners: Home made raw date syrup, Maple syrup, raw brown sugar
- Raw Juices: Fresh fruit and vegetable juices as snacks and at breakfast. An excellent way to get in all the nutrients you need on a vegan diet. If you don't have a juicer please replace morning juice with the "green smoothie" on recipe page.
- Protein boosters: Check out the special notes on plant-based protein drinks and immune boosters and where to buy them.
- Weight loss: For increased weight loss swap immune booster oats for liquid breakfast and look out for notes on how to increase weight loss



DAY 1

BREAKFAST	SERVING SIZE	COMMENTS
Pure Green protein	1 serving with 250ml almond milk or water	You can also try rice milk, oat milk or soy milk
Raw Fresh vegetable juice	400ml	Choose any of the following juices: Spinach, parsley & apple Carrot, orange & ginger Cucumber & apple Grapefruit & Fennel Apple, cucumber & lemongrass
		
LUNCH	SERVING SIZE	COMMENTS
Avocado on rye or whole wheat OR Avocado, tomato, and hummus on rice cakes	1 avocado 2 slices rye/whole wheat OR 4 rice cakes 1 tomato, sliced Spring onion, chopped 2T hummus	Season with Himalayan salt and black pepper
DINNER	SERVING SIZE	COMMENTS
Fry's chicken-style strips* soy and ginger stir fry with Caribbean rice OR Whole wheat noodles	1 cup strips Unlimited stir fry veggies Woolies soy and ginger stir fry sauce 1 cup rice OR Whole wheat noodles	See recipe page for Caribbean rice * Prepare extra strips and set aside for
SNACKS AND DRINKS	SERVING SIZE	COMMENTS
Raw vegetable juice	400ml	Juices are optional (replaces one snack)
Carrot, cucumber & celery with spinach/red pepper/regular hummus	Unlimited	See recipe page for hummus
Banana ice cream	2 frozen bananas 1/3 cup almond milk 2T peanut butter	Blend in food processor until smooth. Other milk alternatives are almond milk, rice milk, oat milk or soy milk
Coffee or tea	Max 2 cups per day	Unrefined brown sugar and almond milk

WEIGHT LOSS TIP:
AVOID BANANA ICE CREAM. REPLACE WITH DAY 2 BROCCOLI SALAD IF NEEDED.

DAY 2

BREAKFAST	SERVING SIZE	COMMENTS
Pure Green protein	1 serving with 250ml almond milk or water	You can also try rice milk, oat milk or soy milk
Immune booster oats with almond milk	1 cup oats, sweetened with maple syrup 1T immune booster 3T blueberries ½ apple, sliced	Old fashioned Rolled oats, no instant oats. Cook oats with water only. You can also try rice milk, oat milk or soy milk
LUNCH	SERVING SIZE	COMMENTS
"Chicken" and mango salad	1 cup Fry's chicken-style strips 1 mango, chopped Unlimited lettuce and cucumber Woolies clemengold salad dressing	
DINNER	SERVING SIZE	COMMENTS
Fry's Golden Crumbed Schintzels with garlic green beans	1 Meat Free schnitzel Unlimited veggies	See recipe page for green beans Optional: Add broccoli salad from snack section
SNACKS AND DRINKS	SERVING SIZE	COMMENTS
Raw vegetable juice	400ml	Juices are optional (replaces one snack)
Broccoli salad*	Unlimited	* See recipe page
Coffee or tea	Max 2 cups per day	Unrefined brown sugar and almond milk

WEIGHT LOSS TIP:
REPLACE IMMUNE
BOOSTER OATS WITH
FRESH JUICE FROM
DAY 1

DAY 3

BREAKFAST	SERVING SIZE	COMMENTS
Pure Green protein	1 serving with 250ml almond milk or water	You can also try rice milk, oat milk or soy milk
Raw Fresh vegetable juice	400ml	Choose any of the juices from Day 1
LUNCH	SERVING SIZE	COMMENTS
Forest salad	½ cup steamed baby potatoes ½ cup steamed broccoli ½ cup sweet corn 3T sundried tomatoes 3T artichokes Lettuce Cucumber	Dress with olive oil, lemon juice, and hummus
DINNER	SERVING SIZE	COMMENTS
Fry's chicken-style burger* on whole wheat roll with green salad	1 Meat Free burger 1 whole wheat roll Unlimited salad: lettuce, cucumber, tomato	Serve with tomato sauce, hummus, or egg free mayo Salad dressing: olive oil and lemon juice only *Make extra veggie burgers for Day 5 lunch Optional: make your own veggie burger patties, see recipe page
SNACKS AND DRINKS	SERVING SIZE	COMMENTS
Raw vegetable juice	400ml	Juices are optional (replaces one snack)
Carrot, cucumber & celery with spinach/red pepper/regular hummus	Unlimited	See recipe page for hummus
Home made strawberry almond milk	1 cup	See recipe page
Coffee or tea	Max 2 cups per day	Unrefined brown sugar and almond milk



DAY 4

BREAKFAST	SERVING SIZE	COMMENTS
Pure Green protein	1 serving with 250ml almond milk or water	You can also try rice milk, oat milk or soy milk
Immune booster oats with almond milk	1 cup oats, sweetened with maple syrup 1T immune booster 3T blueberries ½ apple, sliced	Old fashioned Rolled oats, no instant oats. Cook oats with water only. You can also try rice milk, oat milk or soy milk

LUNCH	SERVING SIZE	COMMENTS
Fry's chicken-style burger wrap OR salad	2 whole wheat wraps 1 Fry's chicken-style burger, sliced thinly ½ avocado Lettuce & tomato Hummus / egg free mayo	

WEIGHT LOSS TIP:
REPLACE WRAP WITH
SALAD. ADD EXTRA
TOMATO, LETTUCE &
CUCUMBER

DINNER	SERVING SIZE	COMMENTS
Fry's Thick Cut Chunky strips with Woolies Sweet and sticky three pepper sauce and steamed rice OR whole wheat noodles	1 cup strips 1 onion Green beans Broccoli Woolies sweet and sticky three pepper sauce ½ cup steamed rice OR whole wheat noodles	

SNACKS AND DRINKS	SERVING SIZE	COMMENTS
Raw vegetable juice	400ml	Juices are optional (replaces one snack)
Banana or other fresh fruit	1 piece, or 1 cup if berries	
Coffee or tea	Max 2 cups per day	Unrefined brown sugar and almond milk

WEIGHT LOSS TIP:
REPLACE IMMUNE
BOOSTER OATS WITH
FRESH JUICE FROM
DAY 1

DAY 5

BREAKFAST	SERVING SIZE	COMMENTS
Pure Green protein	1 serving with 250ml almond milk or water	You can also try rice milk, oat milk or soy milk
Raw Fresh vegetable juice	400ml	Choose any of the juices from Day 1

SUGGESTED EXERCISE:
40 MINUTES CARDIO
AFTER A LIQUID
BREAKFAST WILL
INCREASE FAT BURNING.

LUNCH	SERVING SIZE	COMMENTS
Tofu scramble with rye or whole wheat bread or whole wheat wrap	Silken tofu (available from Woolies or Fresh Earth) ½ cup mushrooms ½ cup cherry tomatoes Chives 3T cheezly "white cheddar style" dairy free cheese	Crumble tofu into frying pan and fry with mushrooms and tomatoes. Stir through cheese.

DINNER	SERVING SIZE	COMMENTS
Whole wheat spaghetti with "creamy" tomato sauce	1 cup whole wheat spaghetti ½ tin Italian style tomatoes 80ml Orley whip imitation cream	Optional: 3T cheezly "white cheddar style" dairy free cheese

SNACKS AND DRINKS	SERVING SIZE	COMMENTS
Raw vegetable juice	400ml	Juices are optional (replaces one snack)
Carrot, cucumber & celery with spinach/red pepper/regular hummus	Unlimited	See recipe page for hummus
Banana Date Muffin	1	See recipe page
Coffee or tea	Max 2 cups per day	Unrefined brown sugar and almond milk

TREAT DAY:
REPLACE BANANA DATE
MUFFIN WITH ANY
OTHER TREAT OF YOUR
CHOICE

SHOPPING LIST

Specialty stores

Vibrant health Pure Green protein vanilla flavour
All about health, Functional foods: immune and digestive care
100% rye bread/whole wheat bread
Whole wheat rolls
Whole wheat pasta (also available from woolies or other supermarket)
Egg free mayo
Almond breeze almond milk
Smoked Japanese Tofu (plain tofu also available at woolies)

Johannesburg:

Fresh Earth - 103 Komatie St, Randburg 2195, South Africa +27 11 646 4404, or shop online at

<http://www.freshearth.co.za>

Cape Town:

Wellness Warehouse Kloof - Lifestyle on Kloof, 50 Kloof Street, Gardens, Cape Town, 8001 021 487 5420, or shop online at

<http://www.wellnesswarehouse.com>

Durban:

Health on Broadway - 10a Swapo Road, Durban North, 4051 031 563 8104

Dischem

Orgran egg replacer, Old fashioned rolled oats, Alpro chocolate soy milk

Other ingredients available from PnP and Woolworths

Fruit for chosen juices
Stir fry veggies
Avocado
Carrots, cucumbers, celery
Lettuce
Apples
Frozen blueberries
Bananas
Medjool dates
Mango
Basmati rice
Baby spinach
Broccoli
Onions
Peppers
Green beans
Mushrooms
Garlic
Cherry tomatoes
Chives
Lemon juice
Raw almonds

Cranberries
Raw, unsalted Almonds
Peanut butter
Orley whip imitation cream (PnP)
Cheezly white cheddar style dairy free cheese (PnP)
Italian style tomatoes
Chickpeas
Sweet corn – fresh or tinned
Whole grain wraps
Tofu (available at woolies)
Organic maple syrup (look out for maple “flavored” syrup – this is not the same as pure maple syrup)
Woolies sweet and sticky three pepper sauce
Woolies soy ginger stir fry sauce
Sundried tomatoes
Artichokes
Fry’s chicken-style burgers, thick cut chunky strips, chicken-style strips
Woolies clemengold salad dressing
Woolies whole wheat noodles
Strawberries



RECIPES

...❁... CARIBBEAN RICE ...❁...

- 1 onion, chopped
- ½ green pepper, chopped
- 2 tablespoons vegetable stock
- 1 tin kidney beans or corn
- 1 cup cooked basmati rice

Combine the onion and pepper in a pan, add the vegetable stock and simmer till soft. Add the beans and rice and cook for 2 minutes till heated through.



...❁... GARLIC GREEN BEANS ...❁...

- 500g green beans
- 500g mushrooms
- 2 tablespoons vegetable stock
- 1 teaspoon sesame seeds
- 6 cloves garlic



Steam the green beans for 5-7 minutes. Sauté the sesame seeds and garlic for 2 minutes, add the vegetable stock, mushrooms and beans and simmer for 2 minutes.

...❁... BROCCOLI SALAD ...❁...

- 500g broccoli, steamed
- ½ cup cranberries
- ½ cup almonds
- 3 tablespoons lemon juice

Combine the broccoli, cranberries and almonds in a bowl. Add the lemon juice and serve warm or chilled.

...❁... HUMMUS ...❁...

- 1 tin chickpeas
- 1 handful baby spinach / 1 red bell pepper (omit for regular hummus)
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- Pinch of salt
- Black pepper to taste

Blend all ingredients into a smooth paste.



RECIPES

...❁... RAW DATE SYRUP (PERFECT SUGAR SUBSTITUTE FOR BAKING) ...❁...

- 1 ½ cup medjool dates, pitted
- 1 cup water
- 2T lemon juice

Soak the dates in 2 cups warm water for an hour until softened. Place the dates, lemon juice and 1 cup of the soaking water in a food processor and blend until smooth. Add more water to thin out the syrup if you like.



...❁... GREEN SMOOTHIE ...❁...

- 1 serving pure green protein
- 1 banana
- 1 handful baby spinach
- ½ cup frozen blueberries
- Water

Blend until smooth.



...❁... BEETROOT LENTIL BURGERS ...❁...

- 2 beetroots
- 1 1/2 cup of cooked lentils
- Onion
- Fresh garlic
- 3 large spinach leaves
- Oregano
- Thyme
- Tiny bit of sea salt
- 1 cup of oat flour (rolled oats in the food processor)
- Filtered water



Add lentils and beets to a medium bowl. Mash the beets and mix well with the lentils. Chop the onion, fresh garlic and spinach into tiny pieces and add to the bowl. Add the thyme, oregano, sea salt and mix.

Put a cup of rolled oats in the food processor to make oat flour. Add the oat flour to the bowl and a few sprinkles of water. Mix and it will start to get pasty.

Form the mixture into burger patties, leave in the fridge to chill for 30 minutes and once chilled add to a pan with melted coconut/olive oil.



RECIPES

...✿... CHICKPEA PANKO BURGERS ...✿...

1 tin chickpeas
Finely chopped carrots
Finely chopped baby marrow
1 cup Buckwheat flour
Flax egg (1 T ground flax + 2T water)

Blend all ingredients except the flour in a food processor until chunky. Stir in flour and form into burger patties. Coat in panko crumbs and fry in coconut/olive oil.



...✿... BANANA DATE MUFFINS ...✿...

Woolies bran muffin mix
175ml Orley Whip imitation desert cream
125ml almond milk
80ml coconut oil
Orgran egg replacer – 1 egg
3 ripe bananas, mashed
Pecan nuts
Chopped dates

Add all ingredients to a bowl and mix until combined. Bake at 180C for 20 minutes until golden brown.

...✿... STRAWBERRY ALMOND MILK ...✿...

1 cup raw almonds
4 cups water
pinch of sea salt
1 cup fresh strawberries



Soak the nuts for at least 4-8 hours in water, rinse. Blend all the ingredients in a high speed blender until all of the nuts have been broken down. Using your cheesecloth, line a sieve and place over a mixing bowl. Pour your nut milk mixture into the cheesecloth. The pulp of the nuts will be caught in the cloth. Wait until all the liquid has settled into the mixing bowl and then take each side of the cloth and bring it up to form an enclosed cloth “ball” around the nut pulp. Squeeze the pulp in the cloth until no more liquid pouring into the mixing bowl. The liquid that remains in the mixing bowl after squeezing the pulp, will be the nut milk. Finally add the strawberries and nut milk to a blender and blend until beautifully pink and smooth.



SOURCES

Fitness Nutrition for Special Dietary Needs - Stella Lucia Volpe, Sara Bernier Sabelawski, Christopher R. Mohr

The Optimum Nutrition Bible - Patrick Holford

Digestive Wellness - Elizabeth Lipski, Ph.D, CCN, CHN

Health Defense - Dr Paul Clayton

The China Study - Dr T. Colin Campbell

Advanced Nutrition and Human Metabolism - Sareen S. Grapper, Jack L. Smith

Naturopathic Nutritional Therapy, 'Nurtition Advisor Level' coursework - Jackie Day, NNT



www.supportmfm.co.za

Facebook page: Meat Free Mondays - South Africa

Instagram: @meatfreemondayssa