

Plant-Based Food

QUICK & EASY
RECIPES



EBOOK



QTIME FITNESS

STRENGTH & CONDITIONING

Introduction to Plant Based eating

WELCOME TO THE VIBRANT WORLD OF PLANT-BASED EATING! WHETHER YOU'RE EXPLORING PLANT-BASED MEALS FOR HEALTH REASONS, ENVIRONMENTAL CONCERNS, OR ETHICAL BELIEFS, THIS LIFESTYLE OFFERS A PLETHORA OF BENEFITS. PLANT-BASED DIETS ARE RICH IN ESSENTIAL NUTRIENTS, FIBER, AND ANTIOXIDANTS, WHICH CAN HELP IMPROVE OVERALL HEALTH, BOOST ENERGY LEVELS, AND REDUCE THE RISK OF CHRONIC DISEASES. TRANSITIONING TO A PLANT-BASED DIET CAN ALSO BE A POWERFUL WAY TO CONTRIBUTE TO A MORE SUSTAINABLE PLANET. IN THIS EBOOK, YOU'LL FIND 10 DELICIOUS PLANT-BASED RECIPES THAT NOT ONLY TASTE GREAT BUT ALSO PROVIDE BALANCED NUTRITION. HAPPY COOKING!



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Quinoa & Black Bean Stuffed Peppers

NUTRITIONAL INFORMATION (PER SERVING):

- PROTEIN: 12G

- FAT: 2G

- CARBOHYDRATES: 45G

CALORIES (PER SERVING) 334CAL



INGREDIENTS:

- 4 LARGE BELL PEPPERS

- 1 CUP QUINOA

- 1 CAN BLACK BEANS,
DRAINED AND RINSED

- 1 CUP CORN KERNELS

- 1 TSP CUMIN

- 1 TSP CHILI POWDER

- 1 CUP DICED TOMATOES

- SALT AND PEPPER TO
TASTE

- FRESH CORIANDER FOR
GARNISH.

INSTRUCTIONS:

1. PREHEAT OVEN TO (190°C).

2. COOK QUINOA ACCORDING TO PACKAGE INSTRUCTIONS.

3. CUT THE TOPS OFF THE PEPPERS AND REMOVE SEEDS.

4. IN A LARGE BOWL, COMBINE COOKED QUINOA, BLACK BEANS, CORN, CUMIN, CHILI POWDER, DICED TOMATOES, SALT, AND PEPPER.

5. STUFF THE PEPPERS WITH THE MIXTURE AND PLACE IN A BAKING DISH.

6. COVER WITH FOIL AND BAKE FOR 30-35 MINUTES.

7. REMOVE FOIL AND BAKE FOR AN ADDITIONAL 10 MINUTES.

8. GARNISH WITH FRESH CORIANDER BEFORE SERVING.



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Chickpea Salad Sandwich

NUTRITIONAL INFORMATION (PER SERVING):

- PROTEIN: 10G

- FAT: 6G

- CARBOHYDRATES: 30G

CALORIES (PER SERVING) 254CAL



INGREDIENTS:

- 1 CAN CHICKPEAS,
DRAINED AND RINSED

- 1/4 CUP VEGAN
MAYONNAISE

- 1 TBSP DIJON MUSTARD

- 1/4 CUP DICED CELERY

- 1/4 CUP DICED RED
ONION

- SALT AND PEPPER TO
TASTE

- WHOLE-GRAIN BREAD
SLICES

INSTRUCTIONS:

1. IN A BOWL, MASH CHICKPEAS WITH A FORK.

2. MIX IN VEGAN MAYONNAISE, MUSTARD, CELERY, AND
ONION.

3. SEASON WITH SALT AND PEPPER.

4. SERVE ON WHOLE-GRAIN BREAD.



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Lentil soup

NUTRITIONAL INFORMATION (PER SERVING):

- PROTEIN: 18G

- FAT: 1G

- CARBOHYDRATES: 40G

CALORIES (PER SERVING) 305CAL



INGREDIENTS:

- 1 CUP LENTILS

- 1 ONION, CHOPPED

- 2 CARROTS, DICED

- 2 CELERY STALKS, DICED

- 3 GARLIC CLOVES,
MINCED

- 8 CUPS VEGETABLE
BROTH

- 1 TSP THYME

- SALT AND PEPPER TO
TASTE

INSTRUCTIONS:

1. SAUTÉ ONION, CARROTS, AND CELERY IN A POT UNTIL SOFTENED.

2. ADD GARLIC AND THYME, COOKING FOR 1 MINUTE.

3. ADD LENTILS AND BROTH; BRING TO A BOIL.

4. SIMMER FOR 30-40 MINUTES UNTIL LENTILS ARE TENDER.



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Tofu Stir Fry

NUTRITIONAL INFORMATION (PER SERVING):

- PROTEIN: 15G

- FAT: 10G

- CARBOHYDRATES: 12G

CALORIES (PER SERVING) 202CAL



INGREDIENTS:

- 1 BLOCK FIRM TOFU,
CUBED

- 2 TBSP SOY SAUCE

- 1 TBSP SESAME OIL

- 1 BELL PEPPER, SLICED

- 1 CUP BROCCOLI FLORETS

- 1 CARROT, JULIENNED

- 2 TBSP SESAME SEEDS

INSTRUCTIONS:

1. MARINATE TOFU IN SOY SAUCE FOR 15 MINUTES.
2. HEAT SESAME OIL IN A PAN AND ADD TOFU; COOK UNTIL GOLDEN.
3. ADD VEGETABLES AND STIR-FRY UNTIL TENDER.
4. SPRINKLE WITH SESAME SEEDS BEFORE SERVING.



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Spinach & Tomato Pasta

NUTRITIONAL INFORMATION (PER SERVING):

- PROTEIN: 10G

- FAT: 10G

- CARBOHYDRATES: 55G

CALORIES (PER SERVING) 398CAL



INGREDIENTS:

- 230G WHOLE-GRAIN PASTA

- 2 CUPS SPINACH

- 1 CUP CHERRY TOMATOES, HALVED

- 2 GARLIC CLOVES, MINCED

- 2 TBSP OLIVE OIL

- SALT AND PEPPER TO TASTE

INSTRUCTIONS:

1. COOK PASTA ACCORDING TO PACKAGE INSTRUCTIONS.

2. SAUTÉ GARLIC IN OLIVE OIL, ADD TOMATOES AND SPINACH.

3. COMBINE WITH PASTA AND SEASON WITH SALT AND PEPPER.



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Sweet Potato & Black Bean Tacos

NUTRITIONAL INFORMATION (PER SERVING):

- PROTEIN: 8G

- FAT: 4G

- CARBOHYDRATES: 40G

CALORIES (PER SERVING) 260CAL



INGREDIENTS:

- 2 SWEET POTATOES,
DICED

- 1 CAN BLACK BEANS,
DRAINED AND RINSED

- 1 TSP CUMIN

- 1 TSP PAPRIKA

- CORN TORTILLAS

- AVOCADO SLICES FOR
TOPPING

INSTRUCTIONS:

1. ROAST SWEET POTATOES AT 200°C FOR 25 MINUTES.

2. HEAT BLACK BEANS WITH CUMIN AND PAPRIKA.

3. FILL TORTILLAS WITH SWEET POTATOES, BEANS, AND
AVOCADO.



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Cauliflower Curry

NUTRITIONAL INFORMATION (PER SERVING):

- PROTEIN: 6G
- FAT: 14G
- CARBOHYDRATES: 18G
- CALORIES (PER SERVING) 210CAL



INGREDIENTS:

- 1 HEAD CAULIFLOWER, CHOPPED
- 1 ONION, CHOPPED
- 1 CAN COCONUT MILK
- 2 TBSP CURRY POWDER
- 1 CUP PEAS

INSTRUCTIONS:

1. SAUTÉ ONION IN A POT.
2. ADD CAULIFLOWER AND CURRY POWDER, COOKING FOR 5 MINUTES.
3. POUR IN COCONUT MILK AND SIMMER UNTIL CAULIFLOWER IS TENDER.
4. STIR IN PEAS BEFORE SERVING.



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Vegan Burrito Bowl

NUTRITIONAL INFORMATION (PER SERVING):

- PROTEIN: 12G

- FAT: 14G

- CARBOHYDRATES: 45G

CALORIES (PER SERVING) 354CAL



INGREDIENTS:

- 1 CUP BROWN RICE

- 1 CAN BLACK BEANS,
DRAINED AND RINSED

- 1 CUP CORN

- 1 AVOCADO, DICED

- SALSA FOR TOPPING

INSTRUCTIONS:

1. COOK BROWN RICE ACCORDING TO PACKAGE
INSTRUCTIONS.

2. COMBINE RICE, BEANS, CORN, AND AVOCADO IN A BOWL.

3. TOP WITH SALSA BEFORE SERVING.



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Zucchini Noodles with Pesto

NUTRITIONAL INFORMATION (PER SERVING):

- PROTEIN: 5G

- FAT: 18G

- CARBOHYDRATES: 10G

CALORIES (PER SERVING) 202CAL



INGREDIENTS:

- 2 ZUCCHINI, SPIRALLED

- 1 CUP CHERRY

TOMATOES, HALVED

- 1/4 CUP BASIL PESTO

- 2 TBSP PINE NUTS

INSTRUCTIONS:

1. SAUTÉ ZUCCHINI NOODLES IN A PAN FOR 2 MINUTES.

2. ADD TOMATOES AND PESTO, COOKING FOR ANOTHER 2 MINUTES.

3. SPRINKLE WITH PINE NUTS BEFORE SERVING.



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Conclusion

Thank you for exploring the vibrant world of plant-based cooking with us in Plant Based Food - Quick & Easy Recipes. We hope these recipes have inspired you to embrace the healthful and delicious possibilities of plant-based meals.

Key Takeaways

- Discover the simplicity and joy of cooking with fresh, whole ingredients.
- Experience the nutritional benefits and flavours of plant-based foods.
- Feel empowered to make mindful choices that support your well-being and the environment.

Next Steps

Continue to experiment with new ingredients, flavours, and techniques. Here are some suggestions to enhance your plant-based journey:

- Try incorporating seasonal produce to keep your meals fresh and exciting.
- Share your creations with friends and family to spread the joy of plant-based eating.
- Explore further resources and communities dedicated to plant-based living for more inspiration.

Acknowledgments

A heartfelt thank you to our nutritionist who contributed to this eBook, including our recipe testers and supportive community. Your passion for plant-based living drives our mission.

Stay Connected

We'd love to hear your feedback and see your culinary creations—share your experiences with us on social media #plantbasedliving

Thank you for choosing to make plants a part of your plate. May your journey be filled with flavour, health, and happiness.



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