



Meal
in 28

SATTVIC DIET MEAL PLAN

Important Note

The information in this book reflects the author's research, experiences and opinions and is not intended as medical advice. Before beginning any nutritional or exercise program, consult your doctor or physician to ensure it's appropriate for you.

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Breakfast



Fruity Bircher Muesli



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	323	8g	2g	54g	24g	9g	12g	0.2g

INGREDIENTS

1 apple, coarsely grated
 50g porridge oats
 25g flaxseeds
 ½ tsp ground cinnamon
 100g Greek yogurt
 1 banana, sliced
 10g raisins

METHOD

01/ Place the grated apple, oats, seeds and cinnamon into a bowl. Stir in the yogurt and 100ml of cold water, cover and leave in the fridge overnight.

02/ Spoon muesli into bowls and top with sliced bananas and raisins

Notes:

Try adding some chopped nuts such as almonds or walnuts.



Tomato & Watermelon Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	177	13g	5g	13g	10g	1g	5g	0.7g

INGREDIENTS

1 tbsp olive oil
 ¼ tsp chilli flakes
 1 tbsp chopped mint
 120g tomatoes, chopped
 250g watermelon, cut into chunks
 100g feta cheese, crumbled

METHOD

01/ For the dressing, Mix the oil, chilli flakes and mint and then season.

02/ Put the tomatoes and watermelon into a bowl. Pour over the dressing, add the feta, then serve.



Breakfast Blues Porridge



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	347	15g	3g	42g	14g	10g	15g	0.2g

INGREDIENTS

50g porridge oats
200ml milk
½ tsp vanilla extract
2 tbsp Greek yogurt
25g chia seeds
150g blueberries
25g almond, flaked

METHOD

01/ Mix the porridge oats, milk, vanilla extract, Greek yogurt and chia seeds in a bowl and soak for one minute. Once the oats have softened, add some of the blueberries.

02/ Place the mixture into two bowls and add any remaining berries and almonds.

Notes:

You can replace the blueberries with other berries.





Lunch



Edgy Veggie Wraps



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	310	11g	5g	39g	6g	8g	11g	1.6g

INGREDIENTS

100g cherry tomato
1 cucumber
6 kalamata olives
2 large wholemeal tortilla wraps
50g feta cheese
2 tbsp houmous

METHOD

01/ Chop the tomatoes, cut the cucumber into sticks, split the olives and remove the stones.
02/ Heat the tortillas.
03/ Spread the houmous over the wrap. Put the vegetable mix in the middle and roll up.



Greek Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	273	24g	6g	14g	6g	4g	6g	1.5g

INGREDIENTS

120g tomatoes, quartered
 1 cucumber, peeled, deseeded, then roughly chopped
 16 Kalamata olives
 1 tsp dried oregano
 50g feta cheese, crumbled
 2 tbsp olive oil

METHOD

01/ Place all of the ingredients in a large bowl and lightly season. Serve with wholemeal bread.



Tangy Couscous Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	353	14g	6g	48g	6g	5g	12g	1.6g

INGREDIENTS

200g couscous
vegetable stock
2 courgettes
1 tbsp olive oil
50g feta cheese, crumbled
20g pack parsley, chopped
juice 1 lemon

METHOD

01/ Cook the couscous in vegetable stock according to pack instructions. Trim the ends off the courgettes, then cut into slices.

02/ Heat the oil in a pan. Add the courgette and season. Cook for 2 minutes, then turn over and cook until soft. Tip into a large bowl along with the cooked couscous. Add remaining ingredients, mix through and serve.



Carrot, Orange & Avocado Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	338	27g	5g	26g	13g	11g	4g	0.1g

INGREDIENTS

- 1 orange, plus zest and juice of 1
- 2 carrots, halved lengthways and sliced with a peeler
- 35g bag rocket
- 1 avocado, stoned, peeled and sliced
- 1 tbsp olive oil

METHOD

- 01/ Cut the segments from 1 of the oranges and put in a bowl with the carrots, rocket and avocado. Whisk together the orange juice, zest and oil. Toss through the salad, and season.



Quinoa & Stir-Fried Veg



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	473	25g	3g	56g	9g	9g	11g	0.3g

INGREDIENTS

100g quinoa
 3 tbsp olive oil
 1 garlic clove, finely chopped
 2 carrots, cut into thin sticks
 150g leek, sliced
 150g broccoli, cut into small florets
 50g tomatoes
 100ml vegetable stock
 1 tsp tomato puree
 Juice ½ lemon

METHOD

01/ Cook the quinoa according to pack instructions. Meanwhile, heat 3 tbsp of olive oil in a pan, then add the garlic and quickly fry for 1 minute. Throw in the carrots, leeks and broccoli, then stir-fry for 2 minutes until everything is glistening.

02/ Add the tomatoes, mix together the stock and tomato puree, then add to the pan. Cover and cook for 3 minutes. Drain the quinoa and toss in the remaining oil and lemon juice. Divide between plates and spoon the vegetables on top.





Dinner



Mediterranean Beet Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	548	20g	4g	58g	6g	11g	23g	1.7g

INGREDIENTS

8 raw baby beetroots, or 4 medium, scrubbed
 ½ tbsp za'atar
 ½ tbsp sumac
 ½ tbsp ground cumin
 400g can chickpeas, drained and rinsed
 2 tbsp olive oil
 ½ tsp lemon zest
 ½ tsp lemon juice
 200g Greek yogurt
 mint leaves, chopped, to serve

METHOD

01/ Heat oven to 220C/200C fan/gas 7. Halve or quarter beetroots depending on size. Mix spices together. On a large baking tray, mix chickpeas and beetroot with the oil. Season with salt & sprinkle over the spices. Mix again. Roast for 30 minutes.

02/ While the vegetables are cooking, mix the lemon zest and juice with the yogurt. Top with the beetroot & chickpeas, and sprinkle with mint.



Red Lentil Soup



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	315	8g	4g	41g	11g	15g	24g	2.3g

INGREDIENTS

2 tsp cumin seed
 large pinch chilli flakes
 1 tbsp olive oil
 1 red onion, chopped
 140g red split lentils
 850ml vegetable stock
 400g can tomatoes, chopped
 200g can chickpeas, rinsed and drained
 small bunch of coriander
 4 tbsp Greek yogurt

METHOD

01/ Heat a saucepan and fry the cumin seeds & chilli flakes for 1 minute. Add the oil and onion and cook for 5 minutes. Stir in the lentils, stock and tomatoes, then bring to the boil. Simmer for 15 minutes until the lentils have softened.

02/ Whizz the soup with a hand blender until it is a rough purée, pour back into the pan and add the chickpeas. Heat gently, season well and add coriander and Greek yogurt to finish.



Grilled Aubergine Slices with Houmous



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	552	37g	4g	49g	10g	17g	17g	1.4g

INGREDIENTS

1 aubergine, sliced lengthways
 2 tbsp olive oil
 2 slices brown bread
 150g houmous
 50g walnut, toasted
 40g parsley, leaves chopped
 100g cherry tomatoes, quartered
 juice ½ lemon

METHOD

01/ Lay aubergine on baking sheet. Add olive oil, then season. Grill for 15 minutes, turning twice until cooked through. Whizz bread into crumbs.

02/ Spread houmous on aubergine slices. Tip breadcrumbs onto a plate, then press the houmous side of the aubergine into the crumbs to coat. Grill again, crumb side up, for 3 minutes. until golden.

03/ Add walnuts, parsley & tomatoes in a bowl, season, then add lemon juice. Serve with salad.



Greek Pasta Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	554	26g	9g	64g	7g	9g	19g	0.3g

INGREDIENTS

300g whole wheat fusilli/farfalle/
penne pasta
225g baby spinach
250g cherry tomatoes, halved
100g black olives
200g feta cheese
3 tbsp olive oil

METHOD

- 01/ Tip pasta into a pan of boiling salted water and boil for 10 minutes. Throw in the spinach, stir well and boil for another 2 minutes. Drain into a colander or sieve.
- 02/ Tip the tomatoes, olives and feta into a large bowl, add lots of black pepper and drizzle with the olive oil.
- 03/ Toss in the drained pasta and spinach and serve.



Stuffed Peppers



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	642	29g	8g	62g	4g	6g	23g	1.7g

INGREDIENTS

4 peppers (*leave stalks on*)
 140g couscous
 50g walnuts, toasted
 handful black olives, chopped
 100g feta cheese, crumbled
 100g cherry tomatoes, quartered
 4 tbsp basil, shredded

METHOD

01/ Heat oven to 200C/180C fan/
 gas 6. Place peppers on a plate and
 microwave on medium for 5 minutes,
 until almost soft. Place on a baking
 tray, cutside up.

02/ Meanwhile, place the couscous in
 a bowl and cover with 125ml boiling
 water. Stir, cover the bowl and leave
 to stand for 10 minutes. Break up
 couscous with a fork, then mix in the
 nuts, olives, feta, tomatoes and basil.
 Pile the couscous stuffing into the
 pepper halves & bake for 10 minutes.



7. Day

Meal Plan

	BREAKFAST	LUNCH	DINNER
MON	Fruity Bircher Museli (page 5)	Edgy Veggie Wraps (12)	Mediterranean Beet Salad (23)
TUE	Tomato and Watermelon Salad (7)	Greek Salad (14)	Red Lentil Soup (25)
WED	Breakfast Blues Porridge (9)	Tangy Couscous Salad (16)	Grilled Aubergine Slices with Houmous (27)
THU	Fruity Bircher Museli (5)	Carrot, Orange and Avocado Salad (18)	Greek Salad Pasta (29)
FRI	Tomato and Watermelon Salad (7)	Quinoa and Stir Fried Vegetables (20)	Stuffed Peppers (31)

Shopping List

This shopping list corresponds to the meal plan **servicing 2 people**.

DAIRY

<input type="checkbox"/> Feta Cheese	510g
<input type="checkbox"/> Greek Yogurt	500g
<input type="checkbox"/> Large Eggs	16
<input type="checkbox"/> Milk	120 ml

BAKERY

<input type="checkbox"/> Wholemead Bread Loaf	1
<input type="checkbox"/> Wholemeal Tortillas	2

SPICES & HERBS

<input type="checkbox"/> Cinnamon	
<input type="checkbox"/> Crushed Red Chilli Flakes	
<input type="checkbox"/> Cumin	
<input type="checkbox"/> Fresh Basil	
<input type="checkbox"/> Fresh Coriander	
<input type="checkbox"/> Fresh Parsley	
<input type="checkbox"/> Fresh Mint	
<input type="checkbox"/> Sumac	
<input type="checkbox"/> Turmeric	

STORE

<input type="checkbox"/> Artichoke Hearts	145
<input type="checkbox"/> Bulgur Wheat	305g g
<input type="checkbox"/> Cannellini Beans	800g
<input type="checkbox"/> Couscous	200G
<input type="checkbox"/> Canned Chickpeas	800G
<input type="checkbox"/> Canned Chopped Tomatoes	1200G
<input type="checkbox"/> Extra Virgin Olive Oil	
<input type="checkbox"/> Flax Seeds	75g
<input type="checkbox"/> Harissa Paste	
<input type="checkbox"/> Houmous	
<input type="checkbox"/> Kalamata Black Olives	100g

<input type="checkbox"/> Lentils	70g
<input type="checkbox"/> Porridge Oats	150g
<input type="checkbox"/> Quinoa	100g
<input type="checkbox"/> Raisins	30g
<input type="checkbox"/> Red Wine Vinegar	
<input type="checkbox"/> Rocket Leaves	35g
<input type="checkbox"/> Sundried Tomato Paste	
<input type="checkbox"/> Tomato Puree	
<input type="checkbox"/> Vegetable Stock	1000ml

FRUIT & VEG

<input type="checkbox"/> Apples	3
<input type="checkbox"/> Aubergine (<i>Eggplant</i>)	2
<input type="checkbox"/> Avocado	1
<input type="checkbox"/> Baby Beetroot	8
<input type="checkbox"/> Baby Spinach	400g
<input type="checkbox"/> Bananas	3
<input type="checkbox"/> Bell Pepper	1
<input type="checkbox"/> Broad Beans	50g
<input type="checkbox"/> Broccoli	150g
<input type="checkbox"/> Butternut Squash	1
<input type="checkbox"/> Carrots	4
<input type="checkbox"/> Celery Stick	1
<input type="checkbox"/> Cherry Tomatoes	940g
<input type="checkbox"/> Courgette (<i>Zucchini</i>)	1
<input type="checkbox"/> Cucumber	1
<input type="checkbox"/> Garlic Cloves	7
<input type="checkbox"/> Leek	150g
<input type="checkbox"/> Lemons	4
<input type="checkbox"/> Mushrooms	100g
<input type="checkbox"/> Onions	7
<input type="checkbox"/> Red Chilli	1
<input type="checkbox"/> Spring Onions	2
<input type="checkbox"/> Watermelon	500g