



VEGAN AF

REAL F#\$%ING FOOD

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Cover Photo of Grigoria Kritsotelis.
Nutrition Advice by Eirini Kritsotelis (Certified Personal Trainer).

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WARM OATS WITH BERRIES

SERVES 1 | PREP TIME 5 MINS



YOU NEED

1/4 cup Quick Oats . 1/2 cup (or more) Boiled Water .
1/4 cup Unsweetened Almond Milk (only if desired) . 1 Tbsp Flax Meal .
1/2 tsp cinnamon . 2 Tbsp Maple Syrup . 1 Tbsp Powdered Peanut
Butter . 1/4 cup fresh or frozen Berries

All berries are great sources of fiber, a nutrient important for a healthy digestive system.



DIRECTIONS

Add boiled water to oats. Let sit for 2 minutes. In a separate bowl add powdered peanut butter and maple syrup. Stir to combine. To oats add flax meal and cinnamon. Stir to combine. Here add milk if desired. Add peanut butter and washed berries to top.

OVERNIGHT BANANA OATS

SERVES 2 | PREP TIME 20 MINS



YOU NEED

1/4 cup Quick Oats . 2 Tbsp Chia Seeds . 1 tsp Vanilla Paste* .
2 Tbsp Maple Syrup . 1/2 tsp Cinnamon .
1/4 cup Unsweetened Almond Milk . Water to cover Oats .
1 chopped Banana . 2 Tbsp Natural Peanut Butter . Maple to drizzle

* Can substitute for Vanilla Essence/Extract or Vanilla Bean Seeds

Chia seeds are rich in fibre, omega-3 fats, protein, vitamins and minerals. Chia seeds also contain essential fatty acids and are very beneficial for gut health and digestion.



DIRECTIONS

Combine oats, chia, cinnamon and vanilla. Stir to combine. Add milk, water, maple, and stir to combine. Make sure oats are completely covered in liquid (as they will expand overnight). Add chopped banana and peanut butter. Stir loosely (don't over stir). Cover. Place in fridge to set overnight. Ready to consume in the morning. Choose to add a drizzle of maple syrup if desired.

TOFU SCRAMBLE

SERVES 1 | PREP TIME 20 MINS



YOU NEED

250g Firm Tofu . 1/4 tsp Cayenne Pepper . 1/2 tsp Garlic Powder . 1/2
tsp Turmeric Powder . 1/2 tsp Salt . 1/2 tsp Pepper . 2 Tbsp Nutritional
Yeast . 1 Chopped Tomato . 1/2 cup Spinach . 1/4 cup Chopped
Mushrooms . 1/4 Avocado . Lime Juice

Nutritional yeast is one source of complete protein and vitamins, in particular B-complex vitamins. It contains folates, thiamine, riboflavin, niacin, selenium and zinc, making it a great superfood! It's low in sodium and fat, gluten-free, and doesn't contain any added sugars or preservatives.



DIRECTIONS

Press firm tofu to reduce water. To a hot pan add crumbled tofu (if desired add small amount of olive oil/coconut oil, I just add a splash of water if necessary). Cook for 1 minute. Add cayenne, garlic powder, turmeric, salt, pepper, nutritional yeast. Stir to combine. Add tomatoes and mushrooms. Stir until cooked. Add spinach until wilted. Serve with avocado and a splash of lime juice. Feel free to add a piece of toast, rice cakes or a bed of rice.

SMOOTHIE BOWL

SERVES 1 | PREP TIME 10 MINS



YOU NEED

2-3 Frozen Bananas . 1 Tbsp Vegan Protein Powder . 1 tsp Cacao Powder
. 1 cup Spinach OR 1/4 tsp Super Greens Powder . 1 Tbsp Cacao Nibs . 1
Tbsp Activated Buckinis (Buckwheat) . 1/4 cup berries . 1 Tbsp
Powdered Peanut Butter . 2 Tbsp Pure Maple Syrup

Low in fat and even lower in cholesterol, spinach is high in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese. In other words, it's loaded with good things for every part of your body!



DIRECTIONS

Add frozen bananas, protein powder, cacao powder, spinach/greens powder and a splash of water into a high speed blender. Blend until combined. If blender is struggling, stop and give it a stir around, add more water if desired (note this will give it a thinner consistency). Once smooth, add to a bowl. In a separate bowl, combine powdered peanut butter and maple, stir to combine. Top smoothie bowl with peanut butter, cacao nibs, buckinis and berries (feel free to alter these toppings to suit your preferences).

*This recipe can also be made into a smoothie (just omit the toppings and only add 1-2 frozen bananas).

QUINOA SUPER SALAD

SERVES 2 | PREP TIME 35 MINS



YOU NEED

1 cup Cooked Quinoa . 1/2 cup Peas and Corn .
1/2 cup 4 Bean Mix (canned) . Handful Spinach .
1/2 cup Baked Pumpkin . 1/2 cup Raw Carrots . 1/2 cup Cucumber .
1/2 cup Tomatoes . 1 Tbsp Pepitas . 1 Tbsp Sesame Seeds

DRESSING

Juice of half a Lemon . 1 Tbsp Tahini . 1/4 tsp Himalayan Pink Salt

Quinoa is relatively high in protein compared to other grains, and provides all the essential amino acids. Quinoa also contains some resistant starch, which escapes digestion and feeds the friendly gut bacteria.



DIRECTIONS

Cook quinoa on the stove (follow packet instructions: 1 part quinoa, 2 parts water, bring to boil, then reduce to low heat until all water has been absorbed). Bake pumpkin in the oven - season with any herbs and spices you desire. Combine cooked quinoa, peas, corn, carrots, cucumber, tomatoes, beans and spinach - stir with a spoon. Once combined add baked pumpkin on top, along with pepitas and half the sesame seeds. To make the dressing, mix tahini, lemon juice and salt until combined, if necessary add water to thin out the dressing. Then add the remaining sesame seeds to the dressing. Add desired amount of dressing to each serve of salad. Enjoy!

*Highly recommend adding a spoonful of hummus to your salad also - you'll thank me later!

FALAFEL SALAD

SERVES 1 | PREP TIME 25 MINS



YOU NEED

3-5 Falafels (if making them yourself, use this recipe here) . 1 cup Flat Leaf Parsley . 1/2 cup Cooked Quinoa . 1 Chopped Tomato . 1 Chopped Cucumber . 1/2 Chopped Red Onion (if desired) . 2 Tbsp Vinegar/Lemon Juice . 2 Tbsp Hummus

Parsley is an all-natural and safe plant to include in your diet in order to act as a free radical scavenger, heart protector, brain protector, antidiabetic, antibacterial, antifungal, and even a digestion soother for its ability to help regulate bowel movements and decrease bloating.



DIRECTIONS

If making homemade falafels, start with the directions included in the link from the previous page. If using store bought falafels, use a sandwich press/oven to warm them up. Combine your cooked quinoa, tomato, cucumber and onions (if desired). Add vinegar or lemon juice as dressing. Serve warm falafels on a bed of salad with a serve of hummus.

LENTIL & VEGETABLE SOUP

SERVES 4 | PREP TIME 60 MINS



YOU NEED

1 cup Red Lentils . 1 Chopped Onion . 3 Cloves of Garlic . 2 Chopped Carrots . 3 Chopped Stalks of Celery . 2 Chopped Potatoes . 3 cups Chopped Kale . 2 cups Chopped Silver Beet . 1 cup Chopped Broccoli . 2 cups Vegetable Stock . 1 Jar Passata Sauce . Handfull of Chopped Parsley & Basil . Salt & Pepper

Red lentils are much easier to digest than it's legume counterparts. The health benefits of red lentils include; lower cholesterol (they have virtually no cholesterol and aid in decreasing existing cholesterol), help regulate heart health, are great for digestive health, stabilise blood sugar, are a great source of plant protein and help to increase energy.



DIRECTIONS

Saute onions in large saucepan. Saute with splash of water. Once golden, add onion. Saute for 1 minute. Add all chopped veges (except kale and silver beet). Add 1/2 cup of water, cover lid and let steam for 10 minutes. Add lentils and stir to combine. Now add vegetable stock, passata sauce and an additional 3 cups of water. Reduce heat slightly, cover lid and let simmer for 30 minutes. After 15 minutes, add kale and silver beet. Stir occasionally. Add herbs and spices. Stir. Check to see all vegetables are tender. If necessary, cook for an additional 10 minutes, otherwise turn off heat.

RED CURRY

SERVES 4 | PREP TIME 45 MINS



YOU NEED

2 heaped tsp Red Curry Paste (highly recommend brand "Chef Na's") . 1
Tbsp Coconut Oil . 1 can Coconut Milk/Cream . 1 can Chickpeas . 500g
chopped Butternut Pumpkin . 1 cup Chopped Pak Choi . 1 cup String
Beans . 1 cup Baby Corn

Chickpeas help to increase satiety, boost digestion, keep blood sugar levels stable, increase protection against disease and more. Chickpeas nutrition is a potent package of protein, vitamins and minerals, which is why they are often included in many healing diets.



DIRECTIONS

Fry Curry Paste with Coconut Oil in a Large Pan. Add coconut milk/cream and 1 cup of water. Bring to the boil. Add all vegetables, stir, cook until tender. Add chickpeas, cook for a further 5 minutes.

Serve on a bed of brown basmati rice or quinoa.

BLISS BALLS

SERVES 10 | PREP TIME 15 MINS



YOU NEED

12 Medjool Dates . 1/4 cup Raw Cashews . 1/4 cup Raw Almonds . 1/4 cup Raw Walnuts . 1/4 cup Desiccated Coconut . 2 Heaped Tbsp Cacao Powder . Extra Desiccated Coconut

Raw Cacao Powder is known to; Lower insulin resistance, protect your nervous system, shield nerve cells from damage, cut your risk of stroke, lower blood pressure, reduce your risk of cardiovascular disease, guard against toxins, boost your mood and provide minerals: Magnesium, iron, potassium, calcium, zinc, copper and manganese.



DIRECTIONS

In a food processor bliss nuts, cacao and coconut until they form a fine meal (a few chunks are ok). Add 6 dates, bliss. Add the other 6 dates and bliss. If mix does not stick together, add a tablespoon of water at a time and bliss, until mix sticks together when pressed in your hand. Roll into small balls and cover in coconut. Refrigerate for at least 3 hours.

WANT MORE?



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