

MENIU FOR A DAY (VEGAN)-IN TOTAL 1369 CALORIES.

BREAKFAST

VEGAN PANCAKES

INGREDIENTS FOR SMALL QUANTITY:

- 150G OF FLOUR ;
- 300ML MINERAL WATER ; A BIT OF SALT ;
- AN ESSENCE OF VANILLA ;
- 1 TABLESPOON SUGAR (OR NONE IF YOU MAKE THEM SALTY) ;
- ONE AND A HALF SPOONS OF OIL .

My favorite fillings are:

- maple syrup and walnuts ;
- vegan chocolate cream and bananas.

How to make:

1. First put the flour with the sugar and salt;
2. Gradually add the mineral water, mixing with a whisk so that lumps do not form;
3. At the end, add the oil and incorporate well. They are cooked in a non-stick pan and then can be served with your favorite filling .

(calories 204.3)

SNACK#1

TOAST WITH BANANA AND PEANUT BUTTER

Ingredients:

- 2 slices of whole wheat bread ;
- 2 teaspoons peanut butter ;
- 1 banana ;
- 1 teaspoon ground flax seeds (optional) ;
- cinnamon (optional)

(calories 307)

How to make:

Toast the bread slices until golden, either in the toaster or in a pan without adding oil ;
Spread a teaspoon of peanut butter on each slice of toast ;
Place the sliced banana on the bread slices ;
At the end, you can sprinkle cinnamon or flax seeds on the slices of toast .

LUNCH LENTIL SALAD WITH AVOCADO AND FRESH VEGETABLES

Ingredients:

- 200 g boiled lentils (lente) ;
- 1 ripe avocado, diced ;
- 100 g cherry tomatoes, cut in half ;
- 50 g fresh cucumbers, cut into rounds ;
- 1 green onion, finely chopped ;
- the juice of half a lemon ;
- 2 tablespoons olive oil ;
- Salt and pepper (how much you want)

How to make:

1. In a large bowl, mix the cooked lentils, avocado, cherry tomatoes, cucumbers and green onions.
2. Sprinkle the salad with lemon juice and olive oil. Season with salt and pepper to taste.
3. Mix all the ingredients well and serve the salad at room temperature or cold.

(calories 340)

SNACK#2

Banana muffins

- Ingredients:
- 2 large bananas (about 225 g), peeled ;
- 2 tablespoons of sunflower oil ;
- 2 tablespoons of brown sugar ;
- 100 g oat flour ;
- 1 tablespoon baking powder ;
- 1 teaspoon of cinnamon ;
- 50 g mixed dried fruit and seeds.

How to make :

1. Heat the oven to 180 degrees Celsius ;
2. Mash the bananas in a bowl with a fork, then mix in the oil and sugar ;
3. Add the flour, baking powder, cinnamon and dried fruit and seeds and mix everything well. If the mixture seems too thin, add a little more flour ;
4. .In a muffin pan (oiled, if not already non-stick or lined with parchment paper), fill each space about three-quarters full with this mixture ;
5. Bake the pan for 25 minutes, or until a toothpick inserted into the center of a muffin comes out clean with no wet crumbs .
6. .Remove the muffins and let them cool on a wire rack before eating ;

(calories 348)

DINNER

SOY SCHNITZEL WITH GARLIC AND ROSEMARY

Ingredients ;

- 300 g sliced soy ;
- 4 L of water ;
- 3 tablespoons full of various spices (oregano, dill and others) ;
- 2 tablespoons of mixed vegetables ;
- 3 teaspoons of salt ;
- 25 g sesame (susan) ;
- 70 g breadcrumbs ;
- 25 g of inactive yeast flakes ;
- 300 ml olive oil ;
- 2 spoons of paprika ;
- 5-8 larger cloves of garlic ;
- 1 tablespoon dried basil ;

How to make:

1. Boil the soybean slices together with the vegetable mixture, spices, salt and water for 25 minutes ;
2. Strain the water they were boiled in and press gently to remove from the water ;
3. The schnitzel is passed through sesame, breadcrumbs and yeast flakes, after which it is placed in the oven for 25-30 minutes at 180 °C ;
4. While the slices are in the oven, prepare a sauce of olive oil, sweet paprika, garlic, basil and rosemary (or other spices, to taste) ;
5. Put everything in a bowl and blend very little, just enough to mix the flavors of the spices (if you blend more, the bitter taste of the rosemary will affect the taste of the sauce; or you can add the rosemary at the end, after the sauce has been blended longer) ;
6. After removing from the oven, pass the schnitzel immediately through the sauce and drain in a colander for 20-30 min.

(calories 170)