



ethical  
nutrition

Plant-Based Stress & Anxiety  
Support Program

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<https://ethical-nutrition.com/>

Dear Customer,

Welcome to your meal plan! Feel free to add in your own recipes with similar nutrition values.

## Shopping List Tips

This plan includes a full shopping list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## Shopping Tips

The shopping list is organised into categories based on how a typical supermarket is laid out. This will allow you to do your grocery shopping in an organised way, saving you time.

## Recipe Tips

Recipes states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, eat one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## Leftovers

If meals on the plan appear to be shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Leftovers are a great way to save you money and time!

## Do I need to take supplements if eat a healthy diet?

Even with a great diet it's virtually impossible to get optimum levels of all micronutrients. Vegetables contain fewer nutrients than they did 30 years ago. Medications and stress can decrease the absorption of the nutrients we consume and increase the amount we need.






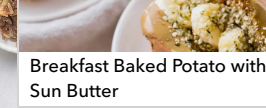
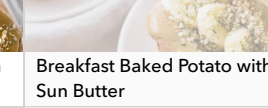
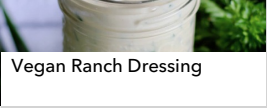
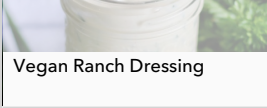
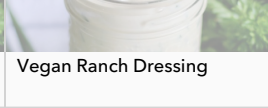





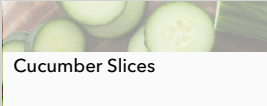
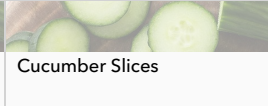



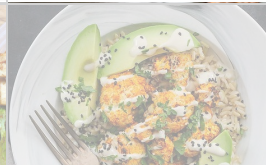

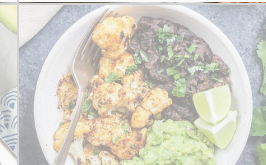




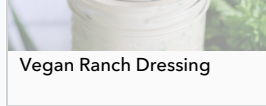











Most supplements are full of synthetic nutrients that your body can't absorb, in quantities that don't make a difference.

It's worth spending more on supplements containing natural nutrients in doses that make a difference. Remember, investing in your health is the best investment you can ever make.

We created a range of superior supplements that support stress and anxiety. To complement this diet I recommend to take the [Organic Ashwagandha](#), [Magnesium Taurate](#) and [Omega 3](#).

Wishing you the best of health. Mark, Head of Nutrition.

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Coconut Hemp Seed Breakfast Pudding	 Coconut Hemp Seed Breakfast Pudding	 Coconut Hemp Seed Breakfast Pudding	 Chocolate Almond Butter Smoothie Bowl	 Chocolate Almond Butter Smoothie Bowl	 Breakfast Baked Potato with Sun Butter	 Breakfast Baked Potato with Sun Butter
Snack 1	 Vegan Ranch Dressing	 Vegan Ranch Dressing	 Vegan Ranch Dressing	 Banana Chia Crisps	 Banana Chia Crisps	 Banana Chia Crisps	 Banana Chia Crisps
	 Cucumber Slices	 Cucumber Slices	 Cucumber Slices				
Lunch	 Chickpea Tikka Masala with Couscous	 Chickpea Tikka Masala with Couscous	 Tofu, Broccoli & Brown Rice	 Spiced Cauliflower Rice Bowl	 Burrito Bowl with Quinoa Tofu Taco Filling	 Roasted Cauliflower Burrito Bowl	 Mediterranean Chickpea Quinoa Bowl
Snack 2	 Pistachios	 Pistachios	 Pistachios	 Vegan Ranch Dressing	 Apple with Almond Butter	 Apple with Almond Butter	 Apple with Almond Butter
				 Cucumber Slices			
Dinner	 Tofu, Broccoli & Brown Rice	 Tofu, Broccoli & Brown Rice	 Spiced Cauliflower Rice Bowl	 Burrito Bowl with Quinoa Tofu Taco Filling	 Roasted Cauliflower Burrito Bowl	 Mediterranean Chickpea Quinoa Bowl	 Roasted Cauliflower Burrito Bowl

## Fruits

- 3 Apple
- 2 3/4 Avocado
- 8 Banana
- 15 milliliters Lemon Juice
- 11 milliliters Lime Juice
- 154 grams Raspberries

## Breakfast

- 125 grams Almond Butter
- 31 grams Granola

## Seeds, Nuts & Spices

- 69 grams Cashews
- 270 grams Chia Seeds
- 5 grams Chili Powder
- 12 grams Cinnamon
- 3 grams Cumin
- 3 grams Curry Powder
- 3 grams Garam Masala
- 3 grams Garlic Powder
- 29 grams Ground Flax Seed
- 140 grams Hemp Seeds
- 250 milligrams Italian Seasoning
- 1 gram Onion Powder
- 500 milligrams Oregano
- 1 gram Paprika
- 168 grams Pistachios, In Shell
- 11 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 30 grams Sesame Seeds
- 2 grams Smoked Paprika
- 1 gram Turmeric

## Frozen

- 90 grams Frozen Cauliflower

## Vegetables

- 546 grams Broccoli
- 1 1/4 heads Cauliflower
- 6 grams Chives
- 7 grams Cilantro
- 2 1/2 Cucumber
- 1 3/4 Garlic
- 6 grams Ginger
- 43 grams Oyster Mushrooms
- 8 grams Parsley
- 2 1/2 Red Bell Pepper
- 40 grams Red Onion
- 3/4 head Romaine Hearts
- 2 Sweet Potato
- 400 milligrams Thyme
- 1 Zucchini

## Boxed & Canned

- 279 grams Black Beans
- 308 grams Brown Rice
- 364 milliliters Canned Coconut Milk
- 410 grams Chickpeas
- 43 grams Couscous
- 182 grams Crushed Tomatoes
- 128 grams Quinoa
- 130 grams Salsa
- 217 milliliters Vegetable Broth

## Baking

- 20 grams Cacao Powder
- 12 grams Monk Fruit Sweetener
- 12 grams Nutritional Yeast
- 5 grams Unsweetened Shredded Coconut
- 4 milliliters Vanilla Extract

## Bread, Fish, Meat & Cheese

- 62 grams Hummus
- 688 grams Tofu

## Condiments & Oils

- 29 milliliters Apple Cider Vinegar
- 74 milliliters Extra Virgin Olive Oil
- 36 grams Miso Paste
- 34 grams Pitted Kalamata Olives
- 15 milliliters Sesame Oil
- 64 grams Sunflower Seed Butter
- 53 grams Tahini
- 54 grams Tamari

## Cold

- 480 milliliters Unsweetened Almond Milk

## Other

- 49 grams Chocolate Protein Powder
- 637 milliliters Water



## Coconut Hemp Seed Breakfast Pudding

3 servings

3 hours

### Ingredients

364 milliliters Canned Coconut Milk (full fat)  
12 grams Monk Fruit Sweetener  
4 milliliters Vanilla Extract  
120 grams Hemp Seeds  
29 grams Ground Flax Seed  
54 grams Chia Seeds  
5 grams Unsweetened Shredded Coconut  
92 grams Raspberries

### Directions

- 1 In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
- 2 Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
- 3 Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 3/4 cup of hemp seed pudding.

**Additional Toppings:** Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

**No Raspberries:** Use strawberries or blueberries instead.



## Chocolate Almond Butter Smoothie Bowl

1 serving

5 minutes

### Ingredients

240 milliliters Unsweetened Almond Milk  
24 grams Chocolate Protein Powder  
45 grams Frozen Cauliflower  
1/2 Zucchini (chopped, frozen)  
1 Banana (divided)  
16 grams Almond Butter  
10 grams Cacao Powder  
12 grams Chia Seeds  
31 grams Raspberries  
15 grams Granola (for topping, optional)

### Directions

- 1 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 2 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

**More Flavor:** Add cinnamon to your smoothie base.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.

**No Smoothie Bowl:** Drink as a regular smoothie instead.

**Smoothie Consistency:** For a creamier texture, use a frozen banana.



## Breakfast Baked Potato with Sun Butter

2 servings

50 minutes

### Ingredients

2 Sweet Potato (medium)  
64 grams Sunflower Seed Butter  
2 Banana (sliced)  
20 grams Hemp Seeds  
1 gram Cinnamon

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
- 3 Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!

### Notes

**More Toppings:** Greek yogurt, any fruits on hand, hemp seeds, crushed nuts, chocolate chips, and/or our Strawberry Chia Jam.

**No Sunflower Seed Butter:** Use any nut or seed butter.

**Meal Prep:** Bake several sweet potatoes at the start of the week. Reheat and add toppings just before serving.



## Mushroom & Tofu Scramble

2 servings

10 minutes

### Ingredients

43 grams Oyster Mushrooms (sliced)  
40 milliliters Vegetable Broth (divided)  
227 grams Tofu (extra firm, drained, crumbled)  
6 grams Nutritional Yeast  
500 milligrams Turmeric  
1 gram Sea Salt

### Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** Each serving equals approximately 1.5 cups.

**More Flavor:** Add your choice of spices and/or herbs.

**Additional Toppings:** Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

**No Vegetable Broth:** Use water instead.





## Vegan Ranch Dressing

4 servings

10 minutes

### Ingredients

69 grams Cashews (raw)  
59 milliliters Water  
5 grams Nutritional Yeast  
2 grams Sea Salt  
7 milliliters Apple Cider Vinegar  
23 grams Tahini  
2 grams Garlic Powder  
1 gram Onion Powder  
8 grams Parsley (finely chopped)  
6 grams Chives (finely chopped)

### Directions

- 1 In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
- 2 Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!

### Notes

**Serving Size:** One serving is equal to approximately two tablespoons of dressing.

**Serve it With:** Veggie sticks for dipping or as a spread on burgers, sandwiches, or wraps. Make it a bit thinner in consistency and use it as a salad dressing.

**Leftovers:** Keeps well in the fridge up to 4 to 5 days.



## Cucumber Slices

4 servings

5 minutes

### Ingredients

2 Cucumber

### Directions

- 1 Slice the cucumber and enjoy!

### Notes

**Storage:** Cucumber can keep up to one week in the fridge if stored in water.



## Banana Chia Crisps

4 servings

25 minutes

### Ingredients

4 Banana (medium, ripe)  
192 grams Chia Seeds  
10 grams Cinnamon

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
- 3 Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
- 4 Remove from oven. Let cool and enjoy!

### Notes

**Storage:** Refrigerate in an air-tight container up to 5 days or freeze.

**Serving Size:** One serving is equal to approximately 12 small crisps.



## Chickpea Tikka Masala with Couscous

2 servings

45 minutes

### Ingredients

6 grams Ginger (grated)  
3 grams Curry Powder  
1 gram Cumin  
3 grams Garam Masala  
328 grams Chickpeas  
182 grams Broccoli (chopped into florets)  
1 Red Bell Pepper (stem and seeds removed, chopped)  
182 grams Crushed Tomatoes  
178 milliliters Vegetable Broth  
3 grams Sea Salt  
43 grams Couscous (dry, uncooked)

### Directions

- 1 In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
- 2 Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
- 3 Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
- 4 If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

### Notes

**Gluten-Free:** Omit the couscous and serve with quinoa or brown rice instead.

**Storage:** Refrigerate in an airtight container up to 5 days.

**Make It Creamy:** Add coconut milk.



## Pistachios

3 servings

1 minute

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### Ingredients

168 grams Pistachios, In Shell

### Directions

- 1 Divide into bowls, peel and enjoy!



## Apple with Almond Butter

1 serving

5 minutes

### Ingredients

1 Apple  
31 grams Almond Butter

### Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter.



## Tofu, Broccoli & Brown Rice

3 servings

1 hour

### Ingredients

185 grams Brown Rice (uncooked, rinsed)  
474 milliliters Water  
364 grams Broccoli (chopped into florets)  
30 milliliters Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
54 grams Tamari  
36 grams Miso Paste (optional)  
15 milliliters Sesame Oil  
350 grams Tofu (sliced into cubes)  
27 grams Sesame Seeds (optional)

### Directions

- 1 In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
- 2 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 3 Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
- 4 In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
- 5 Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

### Notes

**No Tofu:** Use edamame, lentils, tempeh, or chickpeas.

**Leftovers:** Keeps well in the fridge for 3 to 4 days.



## Spiced Cauliflower Rice Bowl

2 servings

40 minutes

### Ingredients

123 grams Brown Rice (dry, uncooked)  
2 grams Sea Salt  
1/2 head Cauliflower (chopped into florets)  
750 milligrams Turmeric  
1 gram Paprika  
400 milligrams Thyme (dried)  
30 grams Tahini  
1 Garlic (clove, minced)  
15 milliliters Lemon Juice  
15 milliliters Water  
1 Avocado (sliced)  
4 grams Cilantro (chopped)  
3 grams Sesame Seeds (for topping)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**No Brown Rice:** Use jasmine rice, cauliflower rice, quinoa or millet instead.





## Burrito Bowl with Quinoa Tofu Taco Filling

2 servings

35 minutes

### Ingredients

43 grams Quinoa (uncooked)  
 113 grams Tofu (extra firm, crumbled)  
 15 milliliters Extra Virgin Olive Oil  
 3 grams Chili Powder  
 2 grams Cumin  
 500 milligrams Oregano  
 2 grams Garlic Powder  
 2 grams Sea Salt  
 130 grams Salsa (divided)  
 7 milliliters Lime Juice  
 2 grams Nutritional Yeast  
 1 Red Bell Pepper (sliced)  
 1/4 head Romaine Hearts (chopped)  
 86 grams Black Beans (cooked)  
 1 Avocado (diced)

### Directions

- 1 Cook quinoa according to package directions.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 3 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 5 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 6 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

**Additional Toppings:** Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.



## Roasted Cauliflower Burrito Bowl

3 servings

35 minutes

### Ingredients

3/4 head Cauliflower (cut into florets)  
788 milligrams Cumin  
2 grams Chili Powder (divided)  
2 grams Smoked Paprika (divided)  
1 gram Sea Salt (divided)  
193 grams Black Beans (cooked)  
89 milliliters Water  
3/4 Avocado  
3/4 Garlic (clove, minced)  
4 milliliters Lime Juice  
3 grams Cilantro (finely chopped, optional)

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
- 2 While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
- 3 In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
- 4 Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

**More Flavor:** Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

**Additional Toppings:** Serve with corn tortilla chips.



## Mediterranean Chickpea Quinoa Bowl

2 servings

10 minutes

### Ingredients

85 grams Quinoa (dry, uncooked)  
1/2 head Romaine Hearts (chopped)  
82 grams Chickpeas (cooked, from the can)  
1/2 Cucumber (chopped)  
1/2 Red Bell Pepper (chopped)  
40 grams Red Onion (finely chopped)  
62 grams Hummus  
34 grams Pitted Kalamata Olives  
30 milliliters Extra Virgin Olive Oil  
22 milliliters Apple Cider Vinegar  
250 milligrams Italian Seasoning  
375 milligrams Sea Salt

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 3 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 4 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

### Notes

**Leftovers:** For best results, refrigerate the ingredients separately in airtight containers for up to four days.

**No Hummus:** Use tzatziki instead.

**Prep Ahead:** All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

**More Flavour:** Serve with a lemon wedge and black pepper. Top with crumbled feta cheese.