

Nourishing ideas for plant based diets



Nourishing ideas for plant based diets

This leaflet has been created to support weight gain, or stop weight loss, amongst people who follow a plant based/vegan diet. These ideas and recommendations are for guidance only, but there are many more options, brands and varieties of vegan friendly foods, meals and eateries.

High energy snacks (plant based/vegan)

- Vegan chocolate bar
- Cereal / granola bar / energy balls (such as trek, deliciously ella, bounce etc)
- Coconut chips (handful)
- Dried mango slices (handful)
- Potato or vegetable crisps with humus dip
- Coconut yoghurt with granola/nuts/seeds/berries
- Soya Custard and banana
- Coconut/Soya chocolate pot
- Crackers with flora and vegan cheese
- Vegan Ice cream (e.g. Booja, Ben & Jerry dairy free, alpro etc)
- Vegan home baking (see many websites such as BBC Good Food website for good recipe ideas)
- 2 x Oatcakes with vegetable spread and vegan cheese
- 1 thick slice wholemeal seeded bread with hummus
- 1 thick slice toast with 1 mashed Avocado
- Grilled Banana with melted dark chocolate and vegan yoghurt
- Small bowl nachos and vegan cheese, salsa and guacamole
- Dried fruit and nuts – ramekin filled
- 2 x Oat cakes with nut butter and honey
- 1 thick slice toast with tahini and honey
- Handful of Banana chips
- Smoothie or milkshake (see page 3)

High energy vegan meal ideas

- Vegan sausages (Brands such as Linda McCartney, Heck, Quorn)
- Pasta / Ravioli (Vegan) with vegan tomato sauce/pesto and vegan cheese
- Pesto (Vegan) with pasta and homemade garlic bread (made with vegan spread or olive oil)
- Falafel with hummus in wrap
- Sweet potato wedges/chips and a vegan burger in a bun with mayo or relish
- Chickpea / lentil curry (made with coconut milk and desiccated coconut / ground almonds)

High energy drinks (plant based/vegan)

- Alpro Growing up milk (Soya)
- Oatly Barista edition milk (Oat)
- Rude Health Almond Milk and coconut milk
- Cadbury's "Choc shake" powder is vegan and can be added to any nut milk to make flavoured milk
- **Coconut and Banana smoothie** – 1 frozen bananas and 1 tablespoon chia seeds blended with ½ tin coconut milk and 100ml soya milk (550kcal)
- **Chocolate and peanut milkshake** – 200ml Oatly Barista milk or Alpro Growing up milk, 1 tablespoon of coco powder (eg green and blacks), 1 tablespoon smooth peanut butter, 1 scoop dairy free ice cream (500kcal)
- **Berry smoothie** – 125g dairy free yoghurt, 80g fresh or frozen berries, 1 banana and 200ml Alpro growing up milk or Oatly Barista milk (350kcal)
- **Oreo Milkshake** – 150g Vegan Vanilla ice cream, 150ml Alpro growing up or Oatly barista milk, 4 Oreo cookies (500kcal)

Fortifying and enriching foods

- Coconut cream in curries, soups, sauces and baking
- Olive oil, vegetable oil and coconut oil can be added during cooking in higher quantities
- Nut butters or ground almonds added to smoothies, curries and baking
- Vegetable spread thick on bread, toast and in potatoes
- Add vegan cheese to pasta, sandwiches, toast etc
- Vegan Mayonnaise for dips, spreads and dressing

Popular brands (not exhaustive list)

- **Milks and dairy alternatives** – e.g. Alpro, Rude Health, Oatly (crème fraiche, milks etc), Koko, Innocent, Violife (cheese), Coconut Collaborative (yoghurt/puddings), CoYo (yoghurt/puddings), Plenish*
- **Meat Alternatives** – e.g. Cauldron (Tofu products), Tofoo (Tofu products), Linda McCartney (sausages, burgers and more), Quorn Vegan (Sausages, burgers etc), Strong Roots (Burgers), Heck (sausages)
- **Supermarkets which offer vegan ranges** – e.g. Marks and Spencer, Waitrose, Tesco



Eating out for vegans (Glasgow)

- **Chains:** Wagamama, Pizza Express, Zizi
- **Glasgow based:** Mono, The 78, Stereo Cafe, The 13th Note, Bread Meats Bread, Martha's, Picnic, Taco Mazama, The Glasvegan, McCune Smith Cafe, Rose and Grants Deli, Ranjits Kitchen, Loop and Scoop, Paesano Pizza, Mayze, In Bloom, the hug and pint
- **Take-aways/fast food for vegans:** Subway, Pret a manger, McDonalds, Starbucks, Costa coffee, Cafe Nero, Itsu, Yo! Sushi, Frankie and Benny's, Papa John's, Hand Made Burger Co., Caluccios, Prezzo

Generic snacks appropriate for vegans

- Oreos
- McVities Choc Chip Hobnobs
- McVities Digestive twists
- Tesco Dark Chocolate Digestives
- Ginger nuts
- Bourbon biscuits
- M and S e.g. "Phizzy pig tails" and "Colin caterpillar" sweets
- Lotus Biscuits
- Rowantrees Jelly tots
- Skittles
- Drumsticks
- Starburst
- Large proportion of crisps/savoury snacks – check for milk/egg/meat derivatives in the ingredients however as these can be a carrier for flavourings

Vegan Meal Plan (2500kcal)

- **Breakfast** Granola (45g), coconut yoghurt (100g) and berries. Fresh fruit juice
- **Snack** 3 x Oatcakes with 1 tsp peanut butter each.
- **Lunch** Wholemeal bagel with spread, vegan cheese (40g), salad. Fresh fruit juice. Trek Bar
- **Snack** Berry Smoothie (as above)
- **Evening meal** Bean chilli with rice and ½ avocado
- **Snack** Dairy free hot chocolate and 2 Oreos



