NUTRIAGE

Vegetarian

Plant-forward meal plans

24 practical recipes for two.
Two flexible weekly plans.
Less guesswork, from shopping to supper.



Start with one dinner

Make Recipe 17 first

Chickpea, Spinach & Tomato Stew uses a pan, fully cooked chickpeas and familiar vegetables. Read both recipe pages, check the ingredient labels and set out the measured amounts. Allow about 30 minutes as an estimate, with extra time if chopping is new to you.

A short route from shelf to table

Soften the onion in oil, add cumin, then simmer tomatoes, water and chickpeas. Fold in spinach at the end. Divide the finished stew into two portions and serve with the listed bread. The recipe gives exact amounts and cooking cues.

Choose the next step

Prefer a no-cook lunch? Try Recipe 07 using ready-to-eat tortillas. Want an oven dinner? Try Recipe 16. Choose three recipes you would actually enjoy before committing to a whole week.

Use the plans as structure

Each schedule gives breakfast, lunch and dinner for two. It is not a prescription for all of your daily food. Look at the energy totals, add food to suit your needs and update the shopping list for every change.

Record what worked

Note your actual preparation time, portion preference and any ingredient change on the worksheet. Recipes and times have not been physically kitchen-tested. The aim is a repeatable routine, not a perfect first attempt.

Apple & Cinnamon Porridge



Soft apple pieces and walnuts bring texture to a warm oat breakfast.

Serves 2 (half the recipe each) | **Easy**
Est. prep 8 min **Cook** 12 min **Total** 20 min

Per serving, approx. 440 kcal | 16.0 g protein | 9.4 g fiber

INGREDIENTS

- 1 1/4 cups rolled oats (100 g)
- about 1 2/3 cups 1% milk (400 g)
- about 2 small apples, cored (250 g)
- about 1/3 cup chopped walnuts (30 g)
- 1/2 tsp cinnamon (1.3 g)
- 1/2 cup plus 2 tbsp water (150 g)

Method & kitchen notes

Apple & Cinnamon Porridge

01 Wash and core the apples, leaving the skin on. Cut into 1 cm pieces. Put the apples, milk and water in a medium saucepan.

02 Bring just to a simmer over medium heat. Stir in oats and cinnamon; reduce heat and cook gently for 8-10 minutes, stirring frequently, until oats and apple soften.

03 If the oats catch or thicken before tender, add 1-2 tbsp water. Divide equally into two bowls and scatter over walnuts.

Swaps & variations

Use 250 g ripe pear instead of apple. For a nut-free version omit walnuts; energy and fat will be lower.

If you cannot find it

Choose plain vegetarian-labeled packaged ingredients. Bean weights are cooked and drained; canned alternatives must already be fully cooked. Check salt and allergen differences.

Optional additions

Season after tasting. Additional salt, toppings and substitutions are excluded from the nutrition estimates and shopping lists.

Storage & reheating

Refrigerate promptly in a shallow covered container at 40 F / 4 C or below. Use within 2 days. Reheat only the portion needed to 165 F / 74 C throughout; stir and check the center. See handling guide.

Meal-prep tip

Measure oats and cinnamon the evening before. Refrigerate cut fruit; prepare milk just before cooking.

Allergens

Milk, Walnuts, Oats: choose certified gluten-free if required. Check all package labels and cross-contact; swaps change allergens.

APPROXIMATE NUTRITION PER SERVING

Calories	Protein	Carbohydrate	Total fat
440 kcal	16.0 g	63.7 g	15.2 g
Saturated fat	**Fiber**	**Total sugars**	**Sodium**
2.8 g	9.4 g	24.3 g	95 mg

Base recipe only; optional additions and swaps change these estimates. See nutrition method and food-safety guide. Photograph is AI-generated.