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Vegetarian Recipes

COOKBOOK

LYNDA LEADBETTER

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LEMON CHIA OVERNIGHT PUDDING



5 Minutes
+ 8 hours



Breakfast



Serves 2



CALORIES: 190 FATS: 10G CARBS: 19G PROTEINS: 6G

INGREDIENTS

- 250ml unsweetened almond milk
- 50g chia seeds
- zest and juice of 1/2 a lemon
- 1/2 tsp vanilla extract (optional)
- 100g raspberries (fresh or frozen) plus a few extra to serve
- 1 tsp honey (or sweetener of your choice)

DIRECTIONS

1. Place all ingredients in a sealable container and mix thoroughly.
2. Refrigerate overnight (minimum 8 hours).
3. Stir well.
4. Serve with a few extra raspberries.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

Serving suggestion: Spoon a dollop of Greek yoghurt into the bowl with the chia pudding.



RAISIN PANCAKES



15 Minutes



Breakfast



Serves 6



CALORIES: 143 FATS: 3G CARBS: 20G PROTEINS: 9G

INGREDIENTS

- 2 small ripe bananas
- 4 tbsps oats (use gluten-free oats if preferred)
- 30g coconut flour or gluten free plain flour
- 4 egg whites
- 30g vanilla flavour whey or rice protein powder
- 2 tsp stevia (or use sweetener of your choice)
- 1 tbsp organic raisins
- 1 tbsp coconut oil

DIRECTIONS

1. Put all of the ingredients except for the raisins and coconut oil into a blender and mix until creamy. Add a dash of water if required – the mixture should be quite thick but runny enough to pour.
2. Heat a small amount of the coconut oil in a non-stick pan over a medium/high heat. Pour one sixth of the mixture into the centre of the pan. Sprinkle on some of the raisins.
3. Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake, turn or flip it over and heat on the other side for 1-2 minutes.
4. Transfer pancake to a plate. Add more oil to the pan and repeat the process five times with the remaining batter.

Store any leftover pancakes in an airtight container and refrigerate for up to 2 days



SUMMER COUSCOUS



15 Minutes



Breakfast



Serves 1



CALORIES: 275 FATS: 7G CARBS: 45G PROTEINS: 8G

INGREDIENTS

- 100ml cold water
- 40g cous cous
- 1/2 an apple, core removed and sliced finely
- 80g fresh apricot or berries
- 50g Greek yoghurt (use dairy free if preferred)
- 1 tsp chia seeds (or use seeds of choice)

DIRECTIONS

1. Place the water in a saucepan and bring to the boil. Reduce heat to low and add the cous cous.
2. Stir well and remove pan from heat. Cover and leave for around 8 minutes to absorb the water.
3. Fluff up with a fork and transfer to a serving bowl.
4. Top with the apple, apricot / berries, yoghurt and seeds.

Store any leftovers in an airtight container and refrigerate for up to 3 days



KALE, COCOA & BERRY BREAKFAST BOWL



15 Minutes



Breakfast



Serves 1



CALORIES: 292 FATS: 8G CARBS: 48G PROTEINS: 7G

INGREDIENTS

- a handful of kale leaves
- 150ml unsweetened almond milk
- 1/2 a medium sized ripe banana
- 40g frozen blueberries
- 1 tbsp cocoa powder
- 1-2 ice cubes
- 1 tsp honey

For the topping:

- 2 tsps sunflower seeds
- 1 tsp honey
- 40g raspberries
- 1 tsp chia seeds

DIRECTIONS

1. Place all of the ingredients in a blender (except the topping ingredients) and blend until smooth.
2. Transfer to a serving bowl. Add the topping ingredients and serve.

Store any leftovers in an airtight container and refrigerate for up to 24 hours.



PEAR, WALNUT & VANILLA QUINOA PORRIDGE



45 Minutes



Breakfast



Serves 1



CALORIES: 285 FATS: 13G CARBS: 34G PROTEINS: 8G

INGREDIENTS

- 30g quinoa
- 100ml unsweetened almond milk (or milk of your choice)
- 2 tps chia seeds
- 1 tbsp natural sweetener of choice small pinch of sea salt
- 1 vanilla pod, with an incision made lengthways (or use 1 tsp vanilla extract)
- a pinch of ground cinnamon
- 1 tsp raisins
- 2 tinned pear halves, sliced
- 10g walnuts, chopped

DIRECTIONS

1. Rinse the quinoa and simmer in a saucepan of water for around 20 minutes until cooked.
2. Meanwhile place the almond milk in a saucepan over a low heat. Add the vanilla pod if using, cover and simmer for 20-25 minutes (or longer if you have time).
3. Drain the quinoa and add to the vanilla milk, with the chia seeds. Cook, stirring for 15 minutes. Remove pan from heat.
4. Transfer the contents of the pan to a serving bowl. Mix in the raisins, vanilla extract (if using), sweetener and salt. Top with pear and walnuts. Enjoy warm or cold.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

GOATS CHEESE, PEAR & WALNUT SALAD



10 Minutes



Lunch



Serves 2



CALORIES: 379 FATS: 28G CARBS: 26G PROTEINS: 10G

INGREDIENTS

- 100g mix salad leaves
- 1 ripe pear
- 2 tbsp. lemon juice
- 100g goats cheese
- 30g walnuts
- 1 tbsp. honey
- 1 tbsp. olive oil

DIRECTIONS

1. Divide the salad leaves onto 2 plates.
2. Peel the pear, then cut it into quarters. Remove the seed nests and cut the quarters into bite-size pieces. Transfer into a bowl and drizzle with lemon juice. Take the pears out of the lemon juice and add them to the salad leaves.
3. In the bowl with lemon juice, add honey, olive oil, and salt, to taste. Mix well and set aside.
4. Crumble the goat cheese over the salads and top with chopped walnuts. Drizzle with the earlier made dressing and serve.

CAULIFLOWER CURRY



25 Minutes



Lunch



Serves 3



CALORIES: 237 FATS: 9G CARBS: 29G PROTEINS: 10G

INGREDIENTS

- 300g cauliflower florets
- 1 tsp ghee or organic butter
- 2 medium white onions, diced
- 2 garlic cloves, finely chopped
- 1 thumb sized piece fresh ginger, finely chopped
- 2 tsp ground cumin
- 2 tsp black mustard seeds
- 2 tbsps curry powder
- 4 green chills (optional)
- 400ml fresh vegetable stock or use 1 organic stock cube
- 200g passata
- 1 x 400g tin chickpeas
- sea salt flakes
- 1 handful fresh coriander, finely chopped

DIRECTIONS

1. Bring a saucepan of water to the boil, add the cauliflower and cook for 2 minutes. Remove from heat and drain. In a large saucepan, melt the ghee / butter over a medium heat.
2. Add the onions and sauté for 5 minutes.
3. Add the garlic, ginger, cumin and mustard seeds. Sauté for 5 minutes, stirring regularly.
4. Add the curry powder, chillis, stock, passata and chickpeas, and bring to the boil. Reduce to a simmer.
5. Season with salt and cook, covered for 10 minutes. Remove from heat, stir in the coriander and serve.

Store in an airtight container and refrigerate for up to 4 days or freeze on the same day.



FETA EGG BAKE



50 Minutes



Lunch



Serves 4



CALORIES: 196 FATS: 12G CARBS: 13G PROTEINS: 9G

INGREDIENTS

- 2 medium sized sweet potatoes, peeled and diced
- 100g white onion, diced
- salt and pepper to season
- 1 tbsp coconut oil or butter plus extra for greasing
- 4 medium sized eggs
- small handful spinach, finely chopped
- 60g Feta cheese, diced

DIRECTIONS

1. Preheat oven to 180°C / 375°F
2. Heat the coconut oil / butter in a non-stick frying pan over a medium-high heat. Add the potatoes and onion and sauté for 10-15 minutes, or until they begin to soften. Season with salt and pepper.
3. Grease a baking dish with a small amount of coconut oil or butter.
4. Transfer the potatoes and onion to the bottom of the baking dish then crack the eggs on top. Sprinkle on the Feta cheese and spinach.
5. Oven bake for 25-30 minutes, or until the eggs are cooked to your liking.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



COTTAGE CHEESE STUFFED PEPPERS



10 Minutes



Lunch



Serves 1



CALORIES: 206 FATS: 2G CARBS: 21G PROTEINS: 26G

INGREDIENTS

- 250g plain cottage cheese
- small bunch of fresh chives, chopped finely
- small handful of spinach leaves, chopped finely
- 1 ramiro / romano pepper, cut in half lengthways
- black pepper to season

DIRECTIONS

1. In a bowl, mix the cottage cheese, chives and spinach together.
2. Season with pepper.
3. Spoon into each half of ramiro pepper.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



QUINOA & BLACK BEAN SALAD



15 Minutes



Lunch



Serves 2



CALORIES: 219 FATS: 7G CARBS: 29G PROTEINS: 10G

INGREDIENTS

- 1 tsp coconut oil half a small red onion, diced
- 1 clove garlic, chopped 6 baby plum tomatoes
- 1/2 a courgette, spiralled or cut into thin strips
- 1 green finger chilli, sliced
- 1/2 a yellow bell-pepper, diced
- 100g tinned black beans
- salt and pepper to season
- 1/4 tsp ground cumin
- 1/2 tsp ground coriander
- 100g cooked quinoa
- sprinkle of flaked almonds

DIRECTIONS

1. Melt the coconut oil in a large frying pan over a medium heat.
2. Add the red onion and sauté for 1 minute.
3. Add the garlic and baby tomatoes. Add the courgette and chilli and stir. Sauté for 2 minutes.
4. Add the yellow pepper and a drop of cold water. Add the beans and stir. Turn the heat up. Add the salt, pepper, cumin and coriander, and stir.
5. Add the quinoa and stir well. Add a drop more water if the mixture sticks to the pan.
6. When everything is heated thoroughly, serve topped with flaked almonds.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

MEXICAN BEAN CHILLI



1 Hour



Dinner



Serves 6



CALORIES: 211 FATS: 3G CARBS: 35G PROTEINS: 11G

INGREDIENTS

- 2 x 400g cans mixed beans or black beans, rinsed
- 175g quinoa (uncooked), rinsed
- 250ml fresh vegetable stock
- 50ml (or more) cold water
- 1 x 400g can chopped tomatoes
- chopped bunch of coriander
- 1 red bell-pepper, finely diced
- 1 tbsp garlic, finely chopped
- 2 finger chillis, chopped finely
- 1/2 medium sized white onion, diced
- 1 cinnamon stick
- 2-3 tsps chilli powder
- 1 tsp cumin powder
- 1 tsp onion powder
- 1/2 tsp ground pepper
- 1/2 tsp sea salt

DIRECTIONS

1. Place all ingredients in a large saucepan over a high heat and bring to a boil. Reduce heat to low, cover and simmer. Check after 30 minutes.
2. Add a drop more water if the mixture looks a bit dry. Cook for another 30 minutes.
3. Add more water if the mixture is sticking to the pan.
4. Serve garnished with extra coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



CHINESE STYLE TOFU STIR FRY



20 Minutes



Dinner



Serves 2



CALORIES: 456 FATS: 16G CARBS: 34G PROTEINS: 44G

INGREDIENTS

- 450g fresh tofu (firm variety), cut into small blocks
- 300g tinned mixed salad beans
- 5 spring onions, chopped finely
- 2 garlic cloves, finely chopped
- 3 tbsps dark soy sauce
- 2 tbsps Worcestershire sauce
- 2 tps Chinese 5 spice
- 2 tps organic coconut oil
- 350g mixed stir fry vegetables
- 4-6 green chillis (optional)
- 250g beansprouts

DIRECTIONS

1. In a bowl, mix the tofu with the salad beans, spring onions, garlic, soy sauce, Worcestershire sauce and Chinese 5 spice. Cover and marinate in the fridge for 1 hour (or more if you have time).
2. Remove tofu from the marinade mixture and set the mixture aside.
3. Heat the oil in a wok, over a high heat, and carefully fry the tofu for 5 minutes or until golden. Remove tofu from wok and set aside. Put the remaining marinade ingredients into the wok and stir fry for 3 minutes. Add the stir fry vegetables and chillis (if using) and cook for 3 minutes. Add the beansprouts and cook for 5 minutes, stir-ring frequently.
4. Serve the stir fry vegetables in a bowl, and top with the tofu and spring onions.

Store in an airtight container and refrigerate for up to 4 days.

CREAMY LEEK RISOTTO



40 Minutes



Dinner



Serves 4



CALORIES: 438 FATS: 7G CARBS: 81G PROTEINS: 13G

INGREDIENTS

- 1 tbsp. coconut oil
- 2 leeks, chopped and washed
- 1 white onion, diced
- 350g risotto rice
- 500ml vegetable stock
- 3 rosemary springs
- 60g Parmesan, grated
- 3 tbsp. cream
- 2 spring onions

DIRECTIONS

1. Heat the oil in a frying pan and sauté the leeks and onion for about 5 minutes. Add the rice and simmer for 1 minute.
2. Add half of the stock and rosemary springs and gently stir. Bring to the boil and simmer until liquid has almost absorbed, only then add the remaining stock. Cook the risotto until al dente for about 25 minutes.
3. Remove the rosemary springs, and season the risotto with salt and pepper.
4. To make the risotto extra creamy, add half of the Parmesan cheese and the soy crème. Mix well and serve with the remaining parmesan and spring onions on top.

MEDITERRANEAN BAKED EGGS



1 Hour



Dinner



Serves 2



CALORIES: 254 FATS: 14G CARBS: 16G PROTEINS: 16G

INGREDIENTS

- 1 tsp ghee or coconut oil
- 1/2 a red onion, finely chopped
- 1/2 a red pepper, finely sliced
- 1/2 a yellow pepper, finely sliced
- 4 garlic cloves, finely chopped
- 400g tinned chopped tomatoes
- 1/2 tsp paprika
- 1/2 tsp oregano
- 3/4 tsp dried basil (or use fresh chopped basil)
- pinch of sea salt
- 20g Cheddar cheese, grated (or use dairy free cheese)
- 3 eggs

DIRECTIONS

1. Preheat oven to 200°C / 400°F.
2. Melt the ghee / oil in a frying pan over a medium heat. Add the onion and sauté gently for 3 minutes, stirring occasionally.
3. Add the red and yellow pepper and sauté for 2-3 minutes, stirring occasionally until soft. Add the garlic and fry gently for 2 minutes, stirring.
4. Add the tomatoes and herbs and spices. Stir well and cook for 2 minutes.
5. Transfer the contents of the pan to a medium sized ovenproof dish.
6. Make 3 small wells in the mixture and carefully crack an egg into each.
7. Sprinkle over the grated cheese.
8. Bake for 25-35 minutes, until the eggs are cooked. Serve. Consume immediately.

THAI GREEN VEGETABLE CURRY



45 Minutes



Dinner



Serves 2



CALORIES: 425 FATS: 21G CARBS: 48G PROTEINS: 11G

INGREDIENTS

- 2 tsps organic coconut oil
- 1 thumb sized piece of fresh ginger, finely chopped
- 3 cloves garlic, peeled and finely chopped
- 2-3 green chillis, chopped
- 3 tbsps Thai green curry paste
- 1 large sweet potato, peeled and diced
- 4-5 lime leaves (optional)
- 1 x 400g tin chickpeas, drained and rinsed
- 200ml coconut milk
- 100ml cold water
- 1 large handful of spinach
- juice of half a lime
- small bunch fresh coriander, chopped

DIRECTIONS

1. Melt the oil over a medium heat in a large saucepan. Add the ginger, garlic, chillis and curry paste. Sauté gently for 2-3 minutes, stirring occasionally.
2. Add the sweet potato, lime leaves (if using) and chickpeas. Stir to coat in the curry paste.
3. Add the coconut milk and water and bring to a simmer. Cook uncovered for 15-20 minutes or until the sweet potato is cooked.
4. Add the spinach and stir. Cook for 1-2 minutes. Add the lime juice and stir. Remove from heat.
5. Serve with chopped coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



Thank You!

LET'S STAY IN TOUCH!

Thank you for taking the time to explore our vegetarian recipe book. We hope you've found some delicious inspiration to support your healthy eating journey. At BeeWeighed, we believe in enjoying a wide variety of foods while still achieving your weight loss goals, and these recipes are just one example of how you can create tasty, satisfying meals without compromise.

If you'd like more information about joining one of our supportive BeeWeighed groups or our convenient Zoom sessions, we'd love to hear from you. Our plan is all about balance, with no food off-limits, and we offer incredible support to help you succeed. Whether you're looking to join in-person meetings, take part online, or access one-to-one guidance, we're here to help.

Visit www.beeweighed.co.uk for all the details about our meetings, schedules, and how to get started. Let us help you make your goals a reality!

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BEEWEIGHED SLIMMING GROUPS