



9ROUND[®]
KICKBOXING FITNESS

CHARLIE Plant-Based Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

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Contents & Key

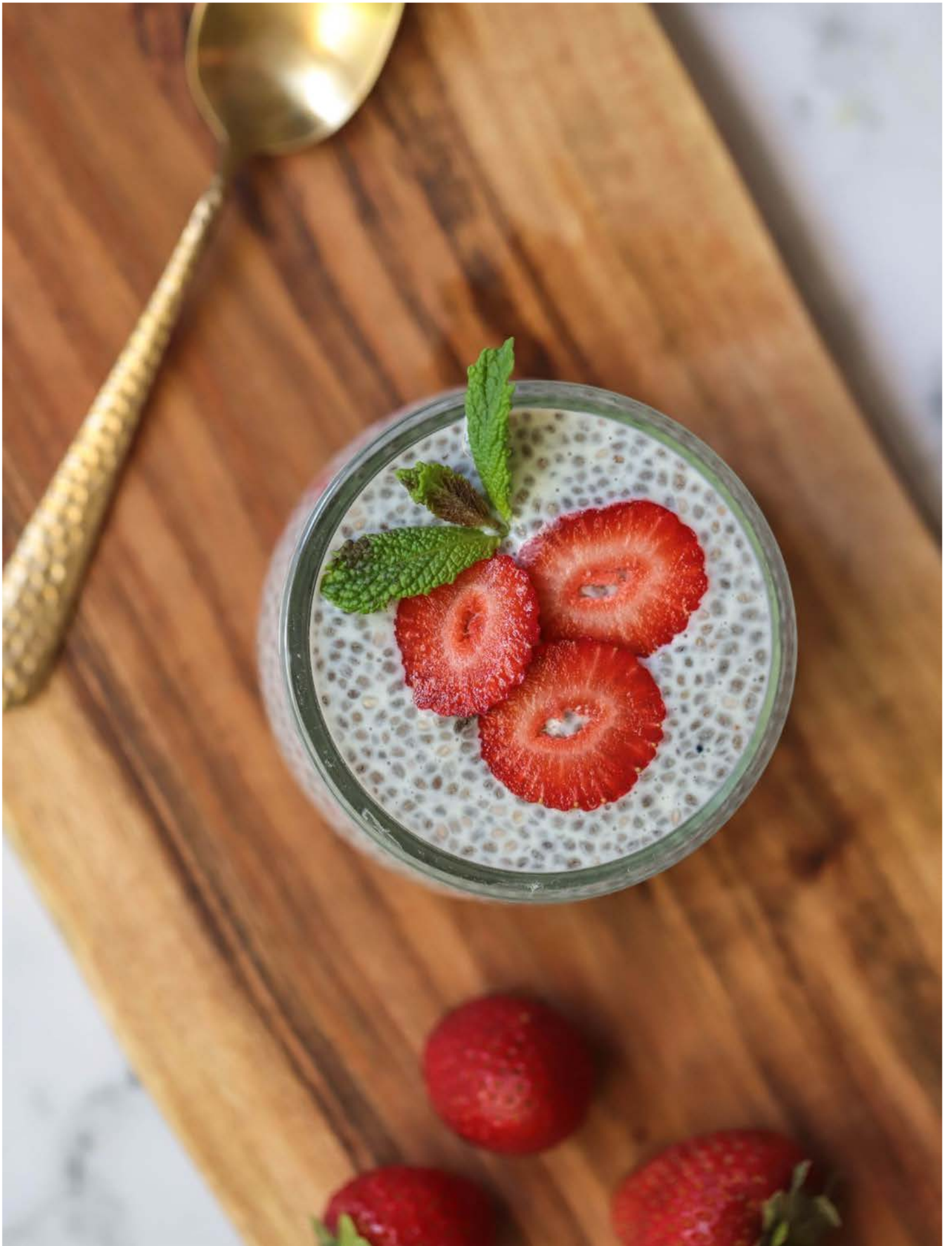
6	Strawberry Layered Chia Pudding	GF	Gluten Free
8	Tropical Overnight Oats	DF	Dairy Free
10	Chickpea Flour Pancakes	LC	Low Carb (20g- serve)
12	Breakfast Potatoes	MP	Meal Prep/Freezer Friendly
14	Maple Hoisin Tofu	HP	High Protein (20g+ per serve)
16	Spinach Goma Ae	V	Vegetarian
18	Cucumber Tofu Boats	Q	Quick (under 30 mins)
20	Strawberry & Spinach Salad	N	Contains Nuts
22	Sweet & Sour Tempeh		
24	Roasted Asparagus & Lemon Pasta Salad		
26	Tofu Fajitas		
28	Tempeh Bolognese		
30	Vegan Blueberry Muffins		
32	Vegan Chocolate Buckwheat Waffles with Nut Butter Syrup		
34	Mango Papaya Smoothie		

Weekly Shopping List

Fruits, Vegetables	Plant-Based Produce	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> strawberries blueberries 2 peaches 2 emons 2 limes pineapple papaya mango 1 banana <p>Vegetables</p> <ul style="list-style-type: none"> 2 red bell peppers 2 green bell peppers 2 bunch green onions 2 onions 2 red onions large pack cherry tomatoes 3 potatoes garlic bulb root ginger spinach cucumber asparagus 2 carrots pack mushrooms 	<p>Cold</p> <ul style="list-style-type: none"> almond milk, unsweetened vegan yogurt 2 lbs. (11 oz.) (1220g) firm tofu 1 lb. (6 oz.) (630g) tempeh vegan parmesan cheese vegan cream cheese pineapple juice 	<p>Grains</p> <ul style="list-style-type: none"> all-purpose flour chickpea flour buckwheat flour corn starch (cornflour) rolled oats white rice <p>Nuts, Seeds</p> <ul style="list-style-type: none"> chia seeds almonds sesame seeds poppy seeds pecans black sesame seeds <p>Baking</p> <ul style="list-style-type: none"> baking powder vanilla extract cocoa powder <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> black pepper red chili flakes ground turmeric ground cumin ground turmeric paprika garlic powder onion powder ground cinnamon dried oregano <p>Fresh Herbs</p> <ul style="list-style-type: none"> parsley cilantro (coriander) basil 	<p>Oils</p> <ul style="list-style-type: none"> olive oil vegetable oil <p>Sweeteners</p> <ul style="list-style-type: none"> coconut sugar maple syrup <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> sriracha sauce tamari sauce hoisin sauce nutritional yeast dijon mustard rice vinegar tomato puree sun dried tomatoes 2 x 14 oz. (400g) cans chopped tomatoes dried pasta of choice vegetable broth (stock) almond butter small can (120ml) lite coconut milk <p>Misc/Other</p> <ul style="list-style-type: none"> sea salt pack 8 tortillas

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Tropical Overnight Oats	Maple Hoisin Tofu & Spinach Goma Ae	E.g. Vegan Blueberry Muffins, Vegan Chocolate Buckwheat Waffles, Mango Papaya Smoothie	Tofu Fajitas
Tue	Breakfast Potatoes	Maple Hoisin Tofu & Spinach Goma Ae	E.g. Vegan Blueberry Muffins, Vegan Chocolate Buckwheat Waffles, Mango Papaya Smoothie	Tempeh Bolognese
Wed	Breakfast Potatoes	Cucumber Tofu Boats	E.g. Vegan Blueberry Muffins, Vegan Chocolate Buckwheat Waffles, Mango Papaya Smoothie	Tempeh Bolognese
Thu	Strawberry Layered Chia Pudding	Cucumber Tofu Boats	E.g. Vegan Blueberry Muffins, Vegan Chocolate Buckwheat Waffles, Mango Papaya Smoothie	Roasted Asparagus & Lemon Pasta Salad
Fri	Strawberry Layered Chia Pudding	Leftover Roasted Asparagus & Lemon Pasta Salad	E.g. Vegan Blueberry Muffins, Vegan Chocolate Buckwheat Waffles, Mango Papaya Smoothie	Sweet & Sour Tempeh
Sat	Chickpea Flour Pancakes	Strawberry & Spinach Salad	E.g. Vegan Blueberry Muffins, Vegan Chocolate Buckwheat Waffles, Mango Papaya Smoothie	Meal Out - Enjoy!
Sun	Tropical Overnight Oats	Strawberry & Spinach Salad	E.g. Vegan Blueberry Muffins, Vegan Chocolate Buckwheat Waffles, Mango Papaya Smoothie	Sweet & Sour Tempeh



Strawberry Layered Chia Pudding

Serves 2

½ cup (80g) chia seeds
2 cups (480ml) almond milk
2 tsp. maple syrup
1 cup (160g) strawberries
2 tsp. almonds, chopped, to garnish
2 strawberries, sliced, to garnish

What you need to do

Place the chia seeds, almond milk and maple syrup in a bowl and mix well to combine. Cover and refrigerate for at least one hour, or ideally overnight.

Place the strawberries into a food processor and blitz to smooth. Add half the chia pudding mixture to the strawberries and stir well to combine.

Divide the strawberry chia pudding into 2 serving bowls and top with a layer of the remaining regular chia pudding. To serve, garnish the puddings with sliced strawberries and sprinkle over the chopped almonds.

GF	DF	MP	V	N
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	1 hr	327	20	32	10	15

*Nutrition per serve

myfitnesspal



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Tropical Overnight Oats

Serves 2

2 peaches
½ cup (120ml) almond milk,
unsweetened
4 tbsp. vegan yogurt
¾ cup (60g) rolled oats
2 tbsp. chia seeds
1 tbsp. maple syrup

What you need to do

Place the peaches, almond milk and yogurt into a high-speed blender and blitz until smooth.

Mix through the remaining ingredients, place into a bowl, cover and chill overnight in the refrigerator until ready to eat.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	266	7	47	8	9

*Nutrition per serve

myfitnesspal



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Chickpea Flour Pancakes

Serves 2

1 ⅓ cup (120g) chickpea flour
1 cup (240ml) water
1 tsp. ground turmeric
½ tsp. chili flakes
salt & pepper
4 green onions, sliced
1 tbsp. olive oil
1 cup (150g) cherry tomatoes
hot sauce, optional

What you need to do

Place the chickpea flour, water, turmeric and chili flakes into a food processor and blend. Pour the mixture into a bowl and season with salt and pepper. Add in the sliced onions and mix well to form a batter.

Heat ¼ of the olive oil in a non-stick skillet, add ¼ of the pancake batter to the skillet and cook for 3 minutes. Use a large spatula to flip the pancakes over, and cook for a further 2-3 minutes on the second side, until the pancake is cooked through.

Repeat this process with the remaining batter.

Meanwhile, sear the cherry tomatoes in a dry non-stick skillet, to warm through.

Serve the warm pancakes with the pan seared cherry tomatoes and drizzle over optional hot sauce.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	252	4	39	14	8

*Nutrition per serve

myfitnesspal



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Breakfast Potatoes

Serves 2

2 tbsp. olive oil
3 medium potatoes, washed, cubed
1 onion, sliced
7 oz. (200g) firm tofu, crumbled
1 tsp. ground cumin
2 tsp. dried oregano
salt & pepper to taste
1 cup (150g) cherry tomatoes, halved

What you need to do

Heat 1 tablespoon of the olive oil in a pot over a low-medium heat. Add the potatoes and cook for 5 minutes, stirring to stop them sticking.

Now add in the onion, crumbled tofu, cumin, oregano and season to taste with salt and pepper. Cover the pot and cook for 15 minutes.

In a second pot, heat the remaining tablespoon of olive oil over a medium heat. Fry the tomatoes for 5 minutes and season to taste with salt and pepper.

Serve the potatoes alongside the cooked tomatoes.

GF	DF	MP	V	Q
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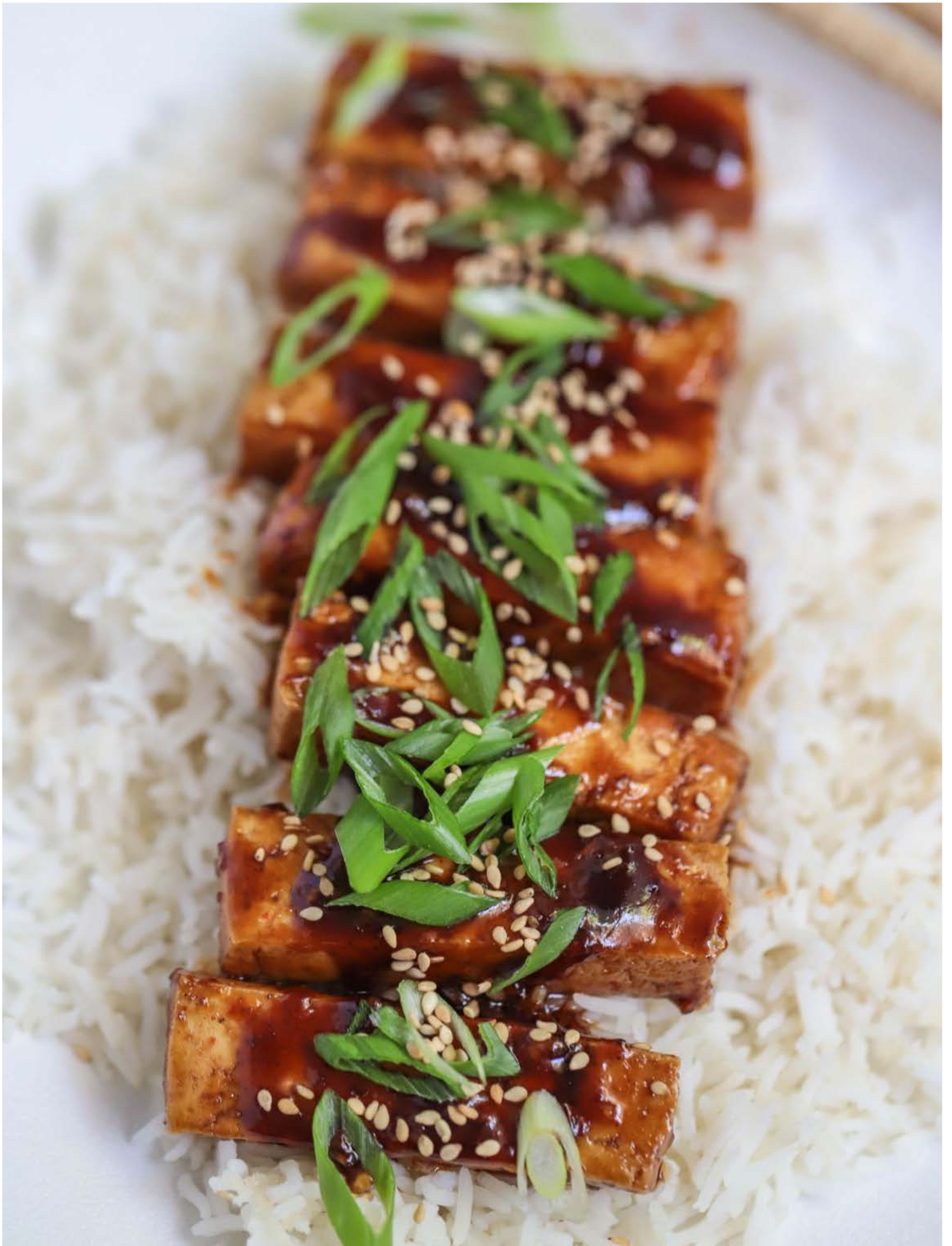
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	20 mins	486	19	65	18	9

*Nutrition per serve

myfitnesspal



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Maple Hoisin Tofu

Serves 2

For the sauce:

2 tbsp. hoisin sauce
4 tbsp. maple syrup
1 tbsp. tamari sauce
2 cloves garlic, minced
2 tsp. sriracha sauce

For the tofu:

1 tbsp. vegetable oil
1 lb. (450g) firm tofu, drained,
sliced

For serving:

1 cup (180g) cooked white rice
2 tbsp. green onions, chopped

What you need to do

Place the sauce ingredients together in a bowl, mix well to combine and set aside.

Heat the vegetable oil in a medium non-stick skillet over a medium-high heat. Add the tofu and cook until lightly browned on all sides.

Pour the sauce over the tofu and cook until the sauce thickens, this will take around 6-7 minutes.

Serve the tofu with the cooked rice and garnish with chopped green onions.

GF	DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	470	19	52	27	4

*Nutrition per serve

myfitnesspal



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Spinach Goma Ae

Serves 2

3 tbsp. toasted sesame seeds
1 tsp. coconut sugar
1 tbsp. tamari sauce
6 oz. (170g) spinach

What you need to do

Set a large pot of water on the stove and bring it to a boil.

Meanwhile, grind the sesame seeds using a mortar, or food processor. Add the sugar and tamari to the ground sesame seeds and stir to combine.

Now add the spinach to the boiling water, and bring the water back up to the boil, only cooking the spinach until wilted. Drain the spinach immediately and rinse with cold water. Squeeze out the excess water and chop the spinach.

Mix the spinach with the sesame seed mixture and sprinkle over some additional sesame seeds before serving.

GF	DF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	108	7	8	6	4

*Nutrition per serve

myfitnesspal



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Cucumber Tofu Boats

Serves 2

1 cucumber
6 oz. (170g) firm tofu, crumbled
3 tbsp. vegan yogurt
2 green onions, sliced
1 tsp. dijon mustard
2 tbsp. nutritional yeast
juice of ½ lemon
¼ tsp. ground turmeric
salt & pepper

What you need to do

Half the cucumber in half lengthwise, and spoon out the seeds from the center.

In a bowl, mix together the remaining ingredients and season to taste with salt and pepper.

Spoon the tofu mix into the cucumber halves and serve immediately.

GF	DF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 min	188	8	11	21	4

*Nutrition per serve

myfitnesspal



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Strawberry & Spinach Salad

Serves 4

What you need to do

For the salad:

¼ cup (30g) pecans
6 cups (180g) baby spinach
1 ½ cups (250g) strawberries,
halved

For the dressing:

¼ cup (60ml) rice vinegar
2 tbsp. coconut sugar
2 tsp. poppy seeds
½ tsp. dijon mustard
salt & pepper
¾ cup (180ml) olive oil

Place the pecans into a dry skillet and toast the nuts over a medium-low heat, stirring until they start to brown, this will take around 5 minutes. Transfer the pecans onto a plate to cool a little before chopping, then set aside.

To make the vinaigrette, place the rice vinegar, coconut sugar, poppy seeds, dijon mustard, and a pinch of salt and pepper into a small bowl and whisk to combine. Add the olive oil and whisk again until well blended.

In a large bowl, toss together the spinach, strawberries and toasted pecans. Add half of the vinaigrette and toss to coat. Add more vinaigrette if required and serve immediately.

GF	DF	LC	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	285	27	12	3	3

*Nutrition per serve

myfitnesspal



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Sweet & Sour Tempeh

Serves 4

14 oz. (400g) tempeh
2 tbsp. vegetable oil
1 red onion, sliced
1 red bell peppers, sliced
1 green bell pepper, sliced
4 slices pineapple, chopped
1 green onion, sliced, garnish
1 tsp. sesame seeds, garnish

For the sauce:

¼ cup (60ml) pineapple juice
¼ cup (60ml) rice vinegar
2 tbsp. tomato puree
2 tbsp. maple syrup
3 tbsp. tamari sauce
2 cloves, garlic, minced
1 tsp. root ginger, grated
1 tsp. corn starch

What you need to do

Cut the tempeh into bite-sized pieces. Heat 1 tablespoon of vegetable oil in a pot over a medium-high heat and cook the tempeh until golden brown. Once the tempeh is golden, add water to cover half the height of the tempeh pieces and steam on low heat until all the water has evaporated. Remove the tempeh from the pot and set aside.

Place all the sauce ingredients into a small bowl and mix until well combined.

Now add the remaining 1 tablespoon of oil to the pot and cook the red onion, bell peppers and pineapple on a medium-high heat for 2-3 minutes. Add the cooked tempeh back into the pot and pour over the sweet and sour sauce.

Lower the heat and continue cooking until the sauce has thickened.

Serve the sweet and sour tempeh, garnished with green onion and sesame seeds.

Best served over steamed rice or rice noodles (not included in nutrition breakdown).

GF	DF	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	20 mins	352	18	32	23	3

*Nutrition per serve

myfitnesspal



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Roasted Asparagus & Lemon Pasta Salad

Serves 6

9 oz. (255g) asparagus, cut into pieces
1 tbsp. olive oil
1 lb. (450g) pasta, cooked, and cooled
1 cup (55g) sun dried tomatoes, chopped
2 tbsp. oil, from the jar of sun dried tomatoes
4 green onions, sliced
4 tbsp. vegan parmesan cheese, grated
4 tbsp. parsley, chopped
1 lemon, zested & juiced
salt & pepper
1 tsp. black sesame seeds, to serve

What you need to do

Preheat the oven to 400°F (200°C). Prepare a baking sheet lined with baking paper.

Place the asparagus on the baking sheet and drizzle over 1 tablespoon of the olive oil. Place the asparagus into the hot oven to roast for 7-10 minutes.

In the meantime, cook the pasta in salted water, then drain, rinse with cold running water and set aside.

Place the pasta and asparagus in a large bowl. Add the sun dried tomatoes, the oil from the sun dried tomatoes, green onions, parmesan, parsley, lemon zest and lemon juice. Toss everything together and season to taste with salt and pepper.

Place the salad into a serving bowl, garnish with sesame seeds and serve.

Store the salad in an airtight container in the refrigerator for up to 3 days.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	175	5	26	8	2

*Nutrition per serve

myfitnesspal



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Tofu Fajitas

Serves 4

For the marinade:

juice of 1 lime
1 tsp. ground cumin
1 tsp. paprika
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. dried oregano
1 tbsp. olive oil

For the fajitas:

14 oz. (400g) firm tofu, sliced
1 tbsp. olive oil
1 red bell pepper, sliced
1 green bell pepper, sliced
1 red onion, sliced
1 carrot, chopped
1 tbsp. tamari sauce
8 tortillas

For the sauce:

3 tbsp. vegan yogurt
1 tbsp. vegan cream cheese
juice of 1 lime
pinch salt
handful cilantro, garnish

What you need to do

Mix all ingredients for marinade together in a medium bowl and add in the tofu, mix well to ensure the tofu is evenly covered.

Heat the olive oil in a large skillet over a medium-high heat. Add the tofu to the skillet and cook for 3-4 minutes, then add the vegetables and continue cooking for a further 6-7 minutes, until the vegetables are tender. Now add in the tamari sauce and mix well.

In the meantime, place all the sauce ingredients into a small bowl, mix well to combine and set aside. Warm the tortillas.

Assemble the fajitas by dividing the tofu and vegetable mixture between each of the wraps and drizzle over the sauce. Serve immediately.

DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	435	21	45	19	11

*Nutrition per serve

myfitnesspal



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Tempeh Bolognese

Serves 6

8 oz. (230g) tempeh, crumbled
½ cup (120ml) water
2 tbsp. olive oil, divided
salt & pepper
1 small onion, diced
1 medium carrot, peeled &
finely grated
8 oz. (230g) mushrooms, finely
diced
3 garlic cloves, minced
1 tsp. dried oregano
½ tsp. red chili flakes
¾ cup (180ml) vegetable broth
2x 14 oz. (400g) can chopped
tomatoes
1 tsp. maple syrup
1 lb. (450g) pasta
2 tbsp. basil, chopped, to serve

What you need to do

Place the tempeh and water into a large pot. Place over a medium heat and bring to a simmer. Cook until all the water has evaporated, around 3-5 minutes.

Add 1 tablespoon of olive oil to the pot and season the tempeh with salt and pepper. Cook for 5-7 minutes until golden brown. Remove from the pot and set aside.

Now add the remaining tablespoon of oil to the same pot and place over a medium-low heat. Add the onion, carrot and mushrooms, season with salt and pepper, and cook until the vegetables are tender, approximately 8 minutes.

Next add the garlic, oregano, chili flakes and vegetable broth. Cook until the broth has evaporated, around 5-6 minutes. Add the tempeh back into the pot along with the cans of chopped tomatoes and maple syrup. Cover the pot with a lid and simmer for 20 minutes, stirring occasionally.

Meanwhile, cook the pasta according to instructions on packaging. Once cooked, drain the pasta and add to the pot with the tempeh and sauce. Taste and adjust the seasonings if needed. Garnish with freshly chopped basil to serve.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	45 mins	331	10	46	13	3

*Nutrition per serve

myfitnesspal



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Vegan Blueberry Muffins

Makes 12

2 cups (240g) all-purpose flour
2 ½ tbsp. baking powder
¼ tsp. salt
1 cup (240ml) almond milk,
unsweetened
1 cup (180g) coconut sugar
⅓ cup (80ml) olive oil
1 tsp. vanilla extract
1 ½ cup (225g) blueberries,
fresh or frozen

What you need to do

Preheat the oven to 350°F (180°C). Prepare a 12 hole muffin tray with paper or silicone liners.

In a large mixing bowl, mix together the flour, baking powder and salt. In a separate bowl, combine the almond milk, coconut sugar, olive oil and vanilla extract.

Fold the wet ingredients into the dry and mix gently to combine. Add the blueberries and gently stir them through the muffin batter.

Divide the muffin batter equally between the 12 muffin cases. Place the tray into the hot oven and bake the muffins for 30 minutes, until browned and a toothpick inserted into the muffin comes out clean.

Remove the muffins from the tray onto a wire rack and set aside to cool before enjoying.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	191	6	35	1	4

*Nutrition per serve

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Vegan Chocolate Buckwheat Waffles with Nut Butter Syrup

Serves 4

For the syrup:

4 tbsp. almond butter
4 tbsp. maple syrup
2 tbsp. water + more as required

For the waffles:

1½ cups (180g) buckwheat flour
½ cup (50g) cocoa powder
4 tbsp. coconut sugar
1 tbsp. baking powder
1 tsp. ground cinnamon, optional
½ tsp. salt
1¾ cup (420ml) almond milk, unsweetened
4 tbsp. applesauce
1 tsp. vanilla extract
1 banana, sliced

What you need to do

Make the syrup by combining all the syrup ingredients together in a small bowl. Add enough water until the desired consistency is reached and set aside.

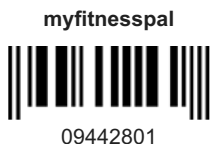
Meanwhile, preheat the waffle maker.

Add the buckwheat flour, cocoa powder, coconut sugar, baking powder, cinnamon and salt, to a medium sized bowl and stir to combine. Now add the milk, applesauce and vanilla extract and mix until well combined.

Pour the waffle batter into the center of the warm waffle iron. Close the lid and cook for 3-4 minutes (or according to your waffle maker's instructions).

Gently remove the waffles from the iron, top with sliced bananas and drizzle over the maple nut butter syrup.

Leftover waffles can be stored in the refrigerator for 4-5 days and reheated in the toaster or a warm oven.



DF	MP	V	Q	N	Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
					5 mins	20 mins	419	14	71	12	13

*Nutrition per serve



Mango Papaya Smoothie

Serves 2

2 cups (290g) papaya,
chopped
1 mango, chopped
1 banana
½ cup (120ml) canned light
coconut milk
1 cup water

What you need to do

Place all the ingredients into a high-speed blender and blend until smooth and creamy. Divide between 2 glasses and serve immediately.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	251	5	55	3	7

*Nutrition per serve

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