



TFA
THE FLEXIBLE APPROACH

Vegetarian Recipe Ebook

Ingredients | Instructions | Calories | Macros

Breakfast | Lunch | Dinner | Dessert | Snacks



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The Flexible Approach



Contents & Key

- Avocado, Tapenade & Egg Toast - p.5
- Asian Style Scrambled Eggs - p.7
- Avo & Goats Cheese On Toast - p.9
- Avocado, Feta & Pomegranate On Toast - p.11
- Egg, Fetta & Avo Muffin - p.13
- Cottage Cheese, Avocado & Sun-dried Tomato Breaky Wrap - p.15
- Tropical Smoothie Bowl - p.17
- Raspberry Smoothie Bowl - p.19
- Dark Chocolate Breaky Oats - p.21
- Overnight Vanilla Yoghurt Oats - p.23
- Banana Protein Pancakes - p.25
- Fluffy Berry Pancakes - p.27
- Orange & Protein Yoghurt Pancakes - p.29
- Almond Banana Pancakes - p.31
- Vegetarian Mi Goreng - p.33
- Fetta, Pear & Walnut Salad - p.35
- Mixed Bean Nachos - p.37
- Grilled Pumpkin & Tofu Salad - p.39
- Tofu Vegetable Stir-fry - p.41
- Roasted Vegetable Salad - p.43
- Kale & Broccoli Salad - p.45
- Sun-dried Tomato & Pumpkin Salad - p.47
- Tofu In Peanut Sauce & Broccolini - p.49
- Eggplant Lasagna - p.51
- Baked Sweet Potato With Fetta, Pesto & Pomegranate - p.53
- Satay Tempeh Skewers With Coleslaw - p.55
- Sweet Potato Pancakes With Cheese and Tomato - p.57
- Vegetable Soup - p.59
- Mushroom Soup - p.61
- Creamy Leek Risotto - p.63
- Sweet Potato Saag Aloo - p.65
- Green Sushi Crispy Tofu Salad - p.67
- Vegetarian Nasi Goreng - p.69
- Smoked Eggplant Goulash - p.71
- Chickpea, Potato & Spinach Curry - p.73
- Chakalaka Risotto - p.75
- Vegetable Curry - p.77
- Raspberry Millet Protein Pudding - p.79
- Kiwi Chia Protein Pudding - p.81
- Chocolate Chia Pudding - p.83
- Vegan Orange Chocolate Mousse - p.85
- Coconut-Banana Millet Custard - p.87
- Banana Protein Ice-Cream - p.89
- Chocolate Millet Pudding - p.91
- Oat & Carrot Cookies - p.93
- Quark Cheese Pomegranate & Chocolate Pudding - p.95
- Vegan Lemon Coconut Cake - p.97
- Vanilla Coconut Balls - p.99
- Strawberry Protein Chia Pudding - p.101
- Peanut Butter & Jelly Smoothie - p.103

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

AVOCADO, TAPENADE & EGG TOAST



ASIAN STYLE SCRAMBLED EGGS



AVO & GOATS CHEESE ON TOAST



AVOCADO, FETTA & POMEGRANATE ON TOAST



EGG, FETTA & AVO MUFFIN



COTTAGE CHEESE, AVOCADO & SUN-DRIED TOMATO BREAKY WRAP



TROPICAL SMOOTHIE BOWL



RASPBERRY SMOOTHIE BOWL



DARK CHOCOLATE BREAKY OATS



OVERNIGHT VANILLA YOGHURT OATS



BANANA PROTEIN PANCAKES



FLUFFY BERRY PANCAKES



ORANGE & PROTEIN YOGHURT PANCAKES



ALMOND BANANA PANCAKES



VEGETARIAN MI GORENG



FETTA, PEAR & WALNUT SALAD



MIXED BEAN NACHOS



GRILLED PUMPKIN & TOFU SALAD



TOFU VEGETABLE STIR-FRY



ROASTED VEGETABLE SALAD



KALE & BROCCOLI SALAD



SUN-DRIED TOMATO & PUMPKIN SALAD



TOFU IN PEANUT SAUCE & BROCCOLINI



EGGPLANT LASAGNA



BAKED SWEET POTATO WITH FETTA, PESTO & POMEGRANATE



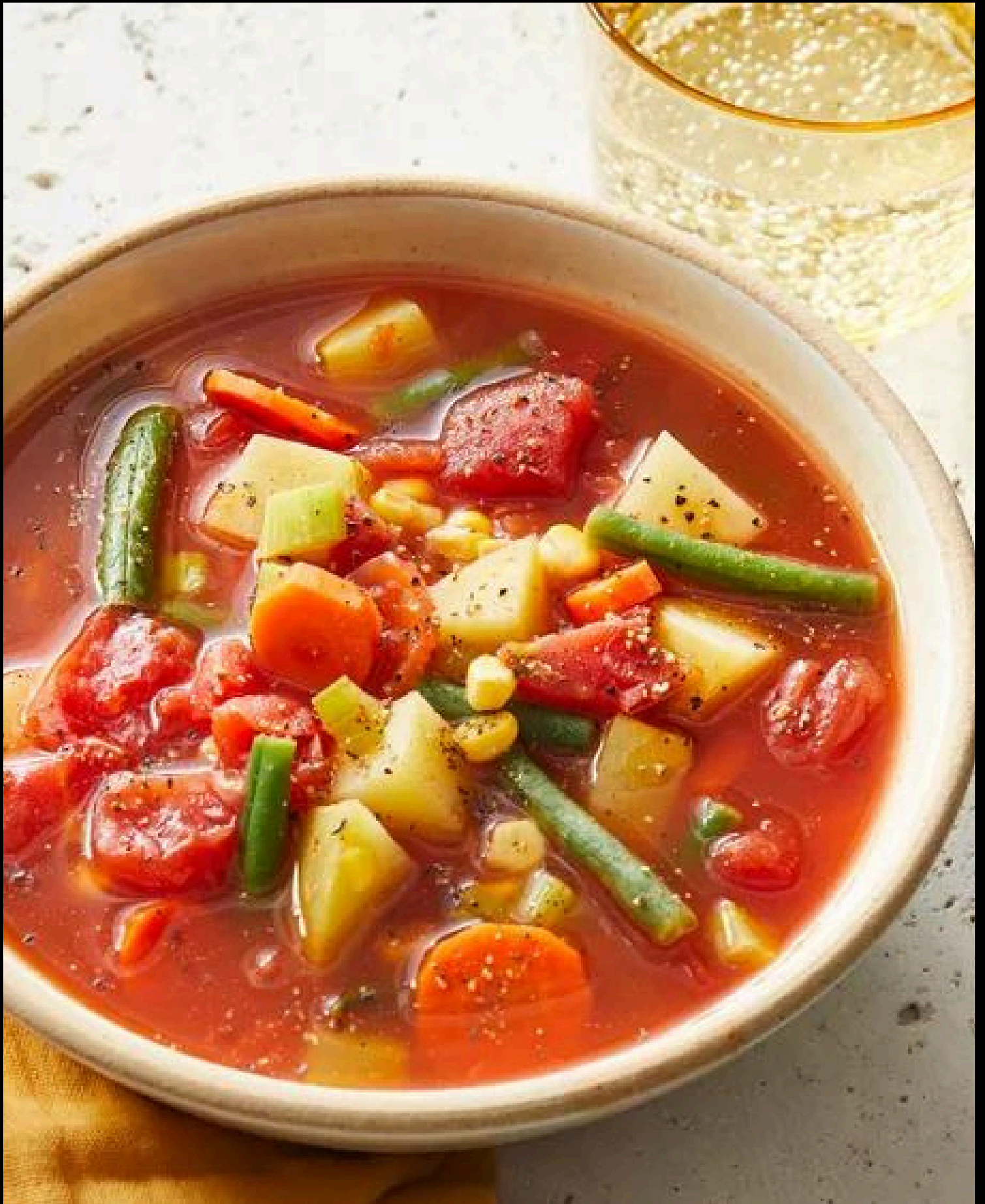
SATAY TEMPEH SKEWERS WITH COLESLAW



SWEET POTATO PANCAKES WITH CHEESE AND TOMATO



VEGETABLE SOUP



MUSHROOM SOUP



CREAMY LEEK RISOTTO



SWEET POTATO SAAG ALOO



GREEN SUSHI CRISPY TOFU SALAD



VEGETARIAN NASI GORENG



SMOKED EGGPLANT GOULASH



CHICKPEA, POTATO & SPINACH CURRY



CHAKALAKA RISOTTO



VEGETABLE CURRY



RASPBERRY MILLET PROTEIN PUDDING



KIWI CHIA PROTEIN PUDDING



CHOCOLATE CHIA PUDDING



VEGAN ORANGE CHOCOLATE MOUSSE



COCONUT-BANANA MILLET CUSTARD



BANANA PROTEIN ICE-CREAM



CHOCOLATE MILLET PUDDING



OAT & CARROT COOKIES



QUARK CHEESE POMEGRANATE & CHOCOLATE PUDDING



VEGAN LEMON COCONUT CAKE



VANILLA COCONUT BALLS



STRAWBERRY PROTEIN CHIA PUDDING



PEANUT BUTTER & JELLY SMOOTHIE





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