



THE  
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RUNNER

FIND PURPOSE. CHANGE THE WORLD

**THE CHARITY RUNNER**

@PHILROBERTON

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"My goal is to educate normal people around all aspects of running, focusing on balancing training without impacting busy lifestyles. Regardless of distance run, the most important thing is to build strong foundations. I need to warn you though, as there are some side effects to my approach. Not only will you perform better than you imagined, but your body will become unbreakable and the likelihood is you will look better naked."

Running should be seen as more than an A to Z process & destination. It's far more than that. The health benefits are significant. Not only the physical benefits, including stronger muscles, stronger cardiovascular system, but also with something often overlooked. Our mental health. Giving to yourself, to allow you to give to others. Having time to yourself, without pleasing others, without distractions, is one of the most liberating and powerful things you can do. Giving yourself the ability to breathe, to think & dream without the opinion of others, gives you freedom to put things into perspective.

We need to fuel our efforts & aspirations, so these pages will empower you to take control of your nutrition. Enjoy every bite and every mile run.

*Phil Robertson*

**Phil Robertson**

Coach



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# DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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## KEY

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- V** VEGETARIAN
  - VE** VEGAN
  - DF** DAIRY FREE
  - GF** GLUTEN FREE
  - N** CONTAINS NUTS
  - Q** QUICK
-





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Avocados are actually a fruit, not a vegetable. They belong to the Genus Persea in the Lauraceae family.



# AVOCADO & PINEAPPLE SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

GF V V DF

## INGREDIENTS

½ **avocado**, peeled  
Handful **spinach**  
50g frozen **courgette**, chopped  
50g **pineapple chunks**  
300ml **coconut water**  
5-10 **ice cubes**

## INSTRUCTIONS

Place all ingredients in the blender and blitz until smooth.  
Pour into a tall glass.

### MACROS PER PORTION

CALORIES	227	PROTEIN	4
CARBS	28	FATS	11
FIBRE	7		

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# GRANOLA

SERVES: 2

TOTAL TIME: 45 MINUTES

GF V VE DF

## INGREDIENTS

360g old fashioned **oats** (gluten-free if required)  
50g **almonds**, sliced  
50g **cashews**, sliced  
120g **pumpkin seeds**  
2 tbsp **cinnamon**  
1 tsp **salt**  
125ml **coconut oil**  
125ml **maple syrup**  
60ml **peanut butter**

## INSTRUCTIONS

Start by preheating oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

In a large bowl, mix together the oats, almonds, cashews, pumpkin seeds, cinnamon and salt.

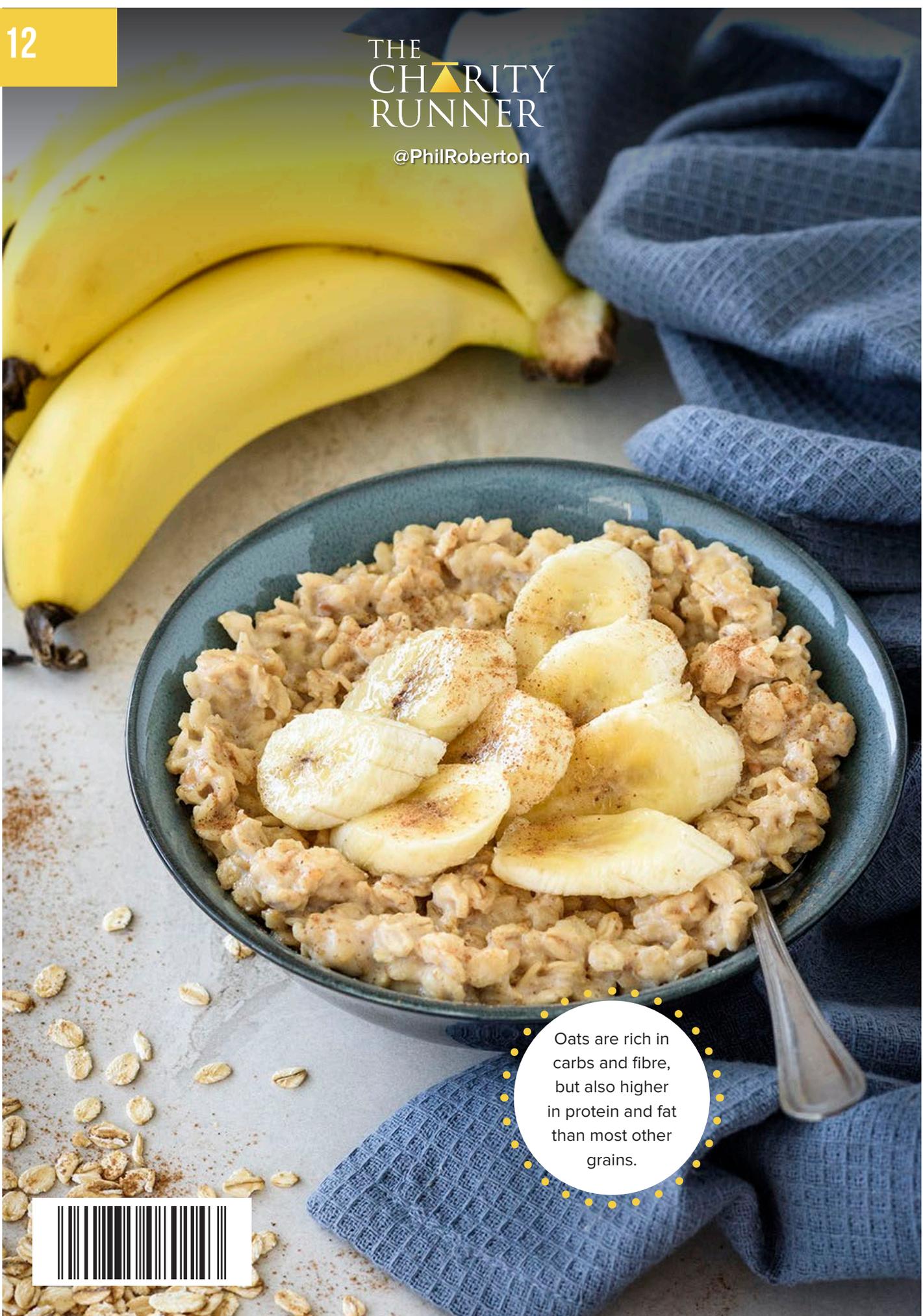
In a small saucepan, slowly melt the coconut oil, maple syrup and peanut butter. Pour over the granola mix and stir to combine.

Spread evenly across the tray and cook for 20-25 minutes or until golden.

Serve with Greek yoghurt, optional.

## MACROS PER PORTION

CALORIES	227	PROTEIN	6
CARBS	17	FATS	15
FIBRE	3		



Oats are rich in carbs and fibre, but also higher in protein and fat than most other grains.



# CHOC BANANA OATS

SERVES: 2

TOTAL TIME: 10 MINUTES

GF V VE DF

## INGREDIENTS

90g old fashioned **oats** (gluten-free if required)  
250ml **almond milk**  
1 scoop **vegan chocolate protein powder**  
2 tbsp **peanut butter**  
1 **banana**, sliced

## INSTRUCTIONS

Add the oats and coconut milk to a small saucepan and bring to boil. Reduce to a simmer and stir frequently.

Add the protein powder, peanut butter and 3/4 of the banana, continuing to stir.

Once the milk has absorbed (about five minutes), transfer to a serving bowl.

Top with extra sliced banana.

## MACROS PER PORTION

CALORIES	390	PROTEIN	24
CARBS	42	FATS	14
FIBRE	9		

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# MEDITERRANEAN TOAST

SERVES: 2

TOTAL TIME: 15 MINUTES

GF V VE DF

## INGREDIENTS

4 slices **rye bread** (gluten-free if required)

4 tbsp **hummus**

2 **tomatoes**, diced

1/4 **red onion**, diced

40g **black olives**, sliced

## INSTRUCTIONS

Toast your bread and spread each slice with hummus.

Top with tomatoes, onion, olives and salt & cracked pepper.

### MACROS PER PORTION

CALORIES	331	PROTEIN	10
CARBS	48	FATS	11
FIBRE	14		



Haricot beans are a good source of protein and are high in fibre, while being low in fat and calories.



# BEANS

SERVES: 2

TOTAL TIME: 65 MINUTES

GF V VE DF

## INGREDIENTS

2 tsp **olive oil**  
1 **onion**, finely diced  
1 x (400g) tin **chopped tomatoes**  
2 tsp **cider vinegar**  
2 tsp **English mustard**  
2 tsp **coconut sugar**  
1/2 tsp **paprika**  
**Salt & cracked pepper**  
1 x (400g) tin **haricot beans**, drained

## INSTRUCTIONS

Heat the olive oil and onion in a medium-sized saucepan. Cook for 5 minutes or until translucent.

Add the tomatoes, vinegar, mustard, coconut sugar, paprika, salt & cracked pepper. Bring to a boil, before reducing to a simmer and cooking for about 3 minutes, stirring continuously.

Add the beans and turn down to a low heat. Simmer for 45 minutes.

Serve immediately with crusty bread, optional.

## MACROS PER PORTION

CALORIES	223	PROTEIN	10
CARBS	30	FATS	7
FIBRE	12		





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# COYO BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

GF V VE DF

## INGREDIENTS

100g **coconut yoghurt**  
1 tsp **vegan vanilla protein powder**  
50g **mango**, diced  
1 tbsp **pistachios**, diced  
1 tbsp **desiccated coconut**

## INSTRUCTIONS

Add the coconut yoghurt to your serving bowl and stir in the protein powder until well combined.

Top with mango, pistachios and desiccated coconut.

### MACROS PER PORTION

CALORIES	423	PROTEIN	13
CARBS	14	FATS	35
FIBRE	4		



Cauliflower is an excellent source of vitamin C, vitamin K, folate, pantothenic acid, and vitamin B6.



# CAULIFLOWER STEAKS WITH PESTO

SERVES: 5

TOTAL TIME: 25 MINUTES

GF V VE DF

## INGREDIENTS

1 large **cauliflower**, cut into 1" thick steaks

1 tbsp **olive oil**

2 **cloves garlic**, minced

For the pesto:

20g **basil**, leaves picked

30g **pine nuts**

60ml **olive oil**

1 tbsp **lemon juice**

1 1/2 tbsp **nutritional yeast**

## INSTRUCTIONS

Start by preheating oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

Mix the olive oil with the garlic.

Lay the cauliflower steaks evenly on the baking tray and brush with the olive oil and garlic.

Place in the oven and cook for 15 minutes.

Meanwhile, add the basil, pine nuts, olive oil, lemon juice, nutritional yeast and salt to a blender and blitz until well combined.

Once the cauliflower steaks are cooked, lay on a long serving platter and drizzle with pesto dressing.

## MACROS PER PORTION

CALORIES	230	PROTEIN	7
CARBS	6	FATS	20
FIBRE	3		

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# TABOULI

SERVES: 6

TOTAL TIME: 25 MINUTES

GF V VE DF

## INGREDIENTS

200g **quinoa** (uncooked)  
1 **cucumber**, sliced  
200g **cherry tomatoes**, halved  
3 **spring onions**, finely sliced  
Handful **parsley**, roughly chopped  
1 tbsp **olive oil**  
1 **lemon**, juiced  
30g **pumpkin seeds**  
50g slivered **almonds**

## INSTRUCTIONS

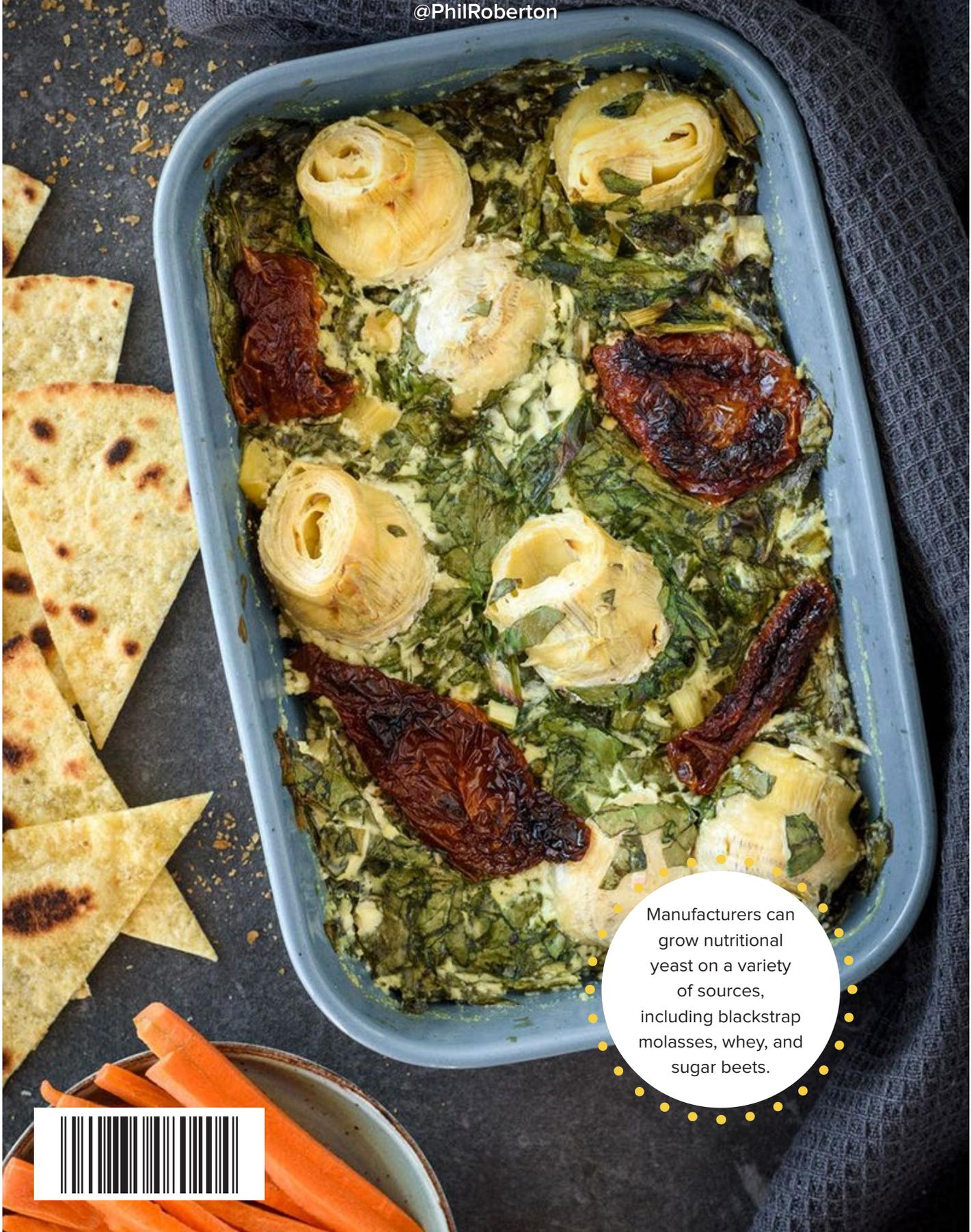
Cook the quinoa according to packet instructions.

In a large bowl, toss together the cucumber, cherry tomatoes, spring onions and parsley, along with the olive oil and lemon juice. Season well with salt & cracked pepper.

Lastly, toss through the pumpkin seeds and slivered almonds.

### MACROS PER PORTION

CALORIES	244	PROTEIN	9
CARBS	25	FATS	12
FIBRE	6		



Manufacturers can grow nutritional yeast on a variety of sources, including blackstrap molasses, whey, and sugar beets.



# CREAMY SPINACH DIP

SERVES: 6

TOTAL TIME: 50 MINUTES

GF V VE DF

## INGREDIENTS

50g **sundried tomatoes**, drained and diced  
250g frozen **spinach**, thawed and squeezed out of any liquid  
2 **cloves of garlic**, minced  
2 **spring onions**, diced  
50g **artichoke**, drained  
225g **vegan cream cheese**  
60ml **almond milk**  
2 tbsp **nutritional yeast**  
1/4 tsp **salt**  
1/8 tsp **ground black pepper**

## INSTRUCTIONS

Start by placing the drained sun dried tomatoes in a bowl of hot water and allow them to soak for 15 minutes. Drain the water and squeeze out any excess water. Set aside.

Preheat the oven to 180°C/350°F/gas 5.

In a large bowl, mix together the spinach, garlic, spring onions, artichokes, vegan cream cheese, almond milk, nutritional yeast, salt & cracked pepper. Mix well to combine.

Spread this mixture in an even layer in a medium-sized baking dish, place in the oven and cook for 30-35 minutes or until cooked through.

Serve with crackers or vegetable sticks.

## MACROS PER PORTION

CALORIES	157	PROTEIN	6
CARBS	5	FATS	13
FIBRE	3		



# SESAME MANGETOUT

SERVES: 4

TOTAL TIME: 20 MINUTES

GF V VE DF

## INGREDIENTS

1 tsp **olive oil**  
1 tsp **sesame oil**  
1 **clove garlic**, minced  
1 tsp **fresh ginger**, grated  
450g **mangetout**  
1 1/2 tbsp **tamari**  
2 tsp **lemon juice**  
1 tbsp **sesame seeds**  
**Salt and pepper**, to taste

## INSTRUCTIONS

Add the olive oil and sesame oil to a medium-sized frying pan and bring to medium heat.

Add the garlic, ginger and mangetout, cover with a lid and cook for 5 minutes, stirring occasionally.

Add the tamari and lemon juice and stir to combine.

Transfer to a serving plate and sprinkle with sesame seeds, salt & cracked pepper.

### MACROS PER PORTION

CALORIES	76	PROTEIN	5
CARBS	5	FATS	4
FIBRE	3		



Tofu is to  
soy milk as  
cheese is to  
dairy milk



# SPICY STICKY TOFU

SERVES: 4

TOTAL TIME: 20 MINUTES

GF V VE DF

## INGREDIENTS

450g **firm tofu**, cut into squares

1 tbsp **vegetable oil**

For the **sauce**:

2 **cloves garlic**, minced

1 1/2 tbsp **tamari**

1 1/2 tbsp **chillipaste**

1 tbsp **maple syrup**

1 tbsp red miso paste

1 **red chilli** seeded and diced

2 tsp **sesame oil**

75ml **water**

For serving:

1 stalk **spring onion**, diced

1 tbsp **sesame seeds**

## INSTRUCTIONS

Start by adding all the sauce ingredients to a medium-sized bowl and whisk to combine.

Add the oil to a large frying pan and bring to a medium heat.

Add the tofu and cook for 5 minutes each side or until golden.

Add the sauce and reduce to low heat. Simmer for about five minutes, turning the tofu to coat.

Transfer to a serving bowl and pour any excess sauce on top. Sprinkle with spring onions and sesame seeds.

## MACROS PER PORTION

CALORIES	197	PROTEIN	11
CARBS	9	FATS	13
FIBRE	1		

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# VEGAN CHEESY CHIPS

SERVES: 4

TOTAL TIME: 40 MINUTES

GF V VE DF

## INGREDIENTS

1kg russet **potatoes**, sliced into 1cm pieces

1½ tbsp **olive oil**

**Sea salt**

**For the Cheese:**

200g **firm tofu**

2 tbsp **tapioca starch**

2 tbsp **nutritional yeast**

1 tbsp **lemon juice**

2 tbsp **almond milk**

1 tbsp **olive oil**

1 tsp **paprika**

1/2 tsp **onion powder**

1/2 tsp **garlic powder**

**Salt & cracked pepper**

## INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/gas 6. Line 1-2 baking trays with baking paper.

Toss the potato chips in olive oil and sea salt. Spread them evenly on the baking tray(s).

Cook for 30-35 minutes, flipping halfway.

Meanwhile, add all the ingredients for the “cheese” to a blender and blitz for 10-20 seconds or until smooth.

Transfer to a medium-sized saucepan and cook on a low heat, stirring often, for 10 minutes.

Transfer the chips to a large bowl and pour dollops of cheese all over.

Serve immediately.

## MACROS PER PORTION

CALORIES	348	PROTEIN	11
CARBS	49	FATS	12
FIBRE	4		





Chickpeas are known by lots of different names all over the world. Other names include garbanzo beans, bengal grams, Egyptian peas, ceci beans and kabuli chana.



# CAULIFLOWER PUREE WITH CHICKPEAS

SERVES: 6

TOTAL TIME: 45 MINUTES

GF V VE DF

## INGREDIENTS

2 heads **cauliflower**, cut into big florets

60ml **almond milk**

3 tbsp **olive oil**

**Sea salt & cracked pepper**

For the **chickpeas**:

1 x (400g) tin **chickpeas**, drained

1 tbsp **olive oil**

2 tsp **paprika**

1 tsp **chilli flakes**

4 **cloves garlic**

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

Bring a large pot of salted water to boil. Cook cauliflower for 20-25 minutes or until soft. Drain, allow to cool and then using a tea towel, squeeze out as much water as you can.

Meanwhile, take the drained chickpeas and dry them in paper towel. Lightly rub them to loosen the outside shells. Toss in olive oil, paprika and chilli flakes and lay on the baking tray, along with the full cloves of garlic. Place in the oven and cook for 25-30 minutes or until crispy.

Transfer the cooled cauliflower, along with the garlic cloves to a blender or food processor. Blitz until smooth and creamy.

Pour puree into a large serving bowl and top with chickpeas. Season with a little extra sea salt & cracked pepper.

Serve immediately, with pita bread or vegetable sticks.

## MACROS PER PORTION

CALORIES	221	PROTEIN	12
CARBS	14	FATS	13
FIBRE	6		



# STUFFED TOFU

SERVES: 5

TOTAL TIME: 35 MINUTES

GF V VE DF

## INGREDIENTS

500g fried **tofu**, cut into 5 large squares

10 **mushrooms**, finely chopped

5g **basil**, chopped

50g **vegan cheese**, grated

**Salt & cracked pepper**

1 tbsp **olive oil**

700ml **passata**

2 **cloves garlic**, minced

2 tsp **oregano**

1-2 tsp **chilli flakes**

2 tbsp **spring onions**, diced

## INSTRUCTIONS

Prepare the tofu shells by using a sharp knife to carve out the inside of each square.

Add the carved out tofu mixture to a medium-sized bowl, along with the mushrooms, basil, vegan cheese salt & cracked pepper.

Transfer the mixture back into the tofu shells.

Heat the olive oil in a large frying pan and cook the squares for about 5 minutes each side or until crispy. Once cooked, remove and set aside on some paper towel.

In the same skillet, add the passata, garlic, oregano and chilli flakes. Heat for about 5 minutes.

Return the tofu squares to the frying pan and cook for another 5 minutes, flipping once to coat.

Transfer to a large shallow bowl, top with spring onions and serve immediately.

## MACROS PER PORTION

CALORIES	380	PROTEIN	31
CARBS	19	FATS	20
FIBRE	1		



Butternut squash can enhance the hair and skin because of its high vitamin A content. Vitamin A is needed for sebum production, which keeps hair moisturised.



# BUTTERNUT SQUASH NOODLES

SERVES: 4

TOTAL TIME: 25 MINUTES

## INGREDIENTS

450g **butternut squash noodles**

2 tbsp **extra-virgin olive oil**

**Kosher salt**

Freshly **ground black pepper**

Pinch crushed **red pepper flakes**

180g **pine nuts**

30g **parsley**

60g **vegan Parmesan**

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper. Place the noodles on the baking tray and toss with olive oil, salt & cracked pepper. Cook for 10 minutes or until tender.

Meanwhile, add the pine nuts to a medium-sized frying pan and dry roast for 4-5 minutes, shaking and moving the pan constantly.

Once the squash noodles are cooked, serve with pine nuts, parsley and vegan parmesan.

## MACROS PER PORTION

CALORIES	462	PROTEIN	9
CARBS	12	FATS	42
FIBRE	3		



# CHICKPEA SAN CHOY BOW

SERVES: 4

TOTAL TIME: 25 MINUTES

GF V VE DF

## INGREDIENTS

2 tbsp **coconut oil**  
4 **spring onions**, finely sliced  
3 **cloves garlic**, minced  
2 tbsp **fresh ginger**, grated  
37g **cashews**, finely chopped  
37g **almonds**, chopped  
375g **mushrooms**, chopped  
2 x (400g) tin **chickpeas**, drained and rinsed  
175ml **tamari**  
2 tsp **sesame oil**  
1 long **red chilli**, sliced  
8 **leaves cos lettuce**  
10g **coriander**, leaves picked

## INSTRUCTIONS

In a large skillet, heat the coconut oil. Add the spring onions, garlic, ginger, cashews and almonds. Cook for about 3 minutes. Add the mushrooms and cook for another 5 minutes.

Next, add the chickpeas and mash them up a little bit with a wooden spoon.

Add the tamari, sesame oil and chilli and heat through for another 3 minutes.

Spoon the mixture into the individual lettuce leaves and garnish with coriander.

## MACROS PER PORTION

CALORIES	363	PROTEIN	16
CARBS	23	FATS	23
FIBRE	8		

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Chickpeas are a great source of fibre and folate.



# MEXICAN SOUP

SERVES: 4

TOTAL TIME: 30 MINUTES

GF V VE DF

## INGREDIENTS

- 1 tbsp **olive oil**
- 1 **brown onion**
- 2 **red bell peppers**, cut into small chunks
- 1 **green bell pepper**, cut into small chunks
- 1 **courgette**, sliced and quartered
- 2 x (400g) tin **black beans**, drained and rinsed
- 1 tbsp **paprika**
- 1 tbsp **oregano**
- 1 tsp **cayenne pepper**
- 1 tsp **chilli flakes**
- 1l **vegetable stock**
- 1 x (400g) tin **chopped tomatoes**

## INSTRUCTIONS

In a large saucepan heat the olive oil. Add the onion and cook for 5 minutes or until translucent.

Add the bell pepper and courgette and cook for another 5 minutes.

Next, add the black beans, paprika, oregano, cayenne pepper, chilli flakes, stock and tinned tomatoes. Heat on medium for 10 minutes.

## MACROS PER PORTION

CALORIES	243	PROTEIN	13
CARBS	32	FATS	7
FIBRE	12		

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# FETTUCCHINE STROGANOFF

SERVES: 3

TOTAL TIME: 35 MINUTES

V VE DF

## INGREDIENTS

190g **fettucini**  
1 tbsp **olive oil**  
250g **firm tofu**, cut into strips  
1 **brown onion**, sliced  
1 **clove garlic**, minced  
250g **mushrooms**, sliced  
1 tsp **paprika**  
125ml **vegetable stock**  
1 tbsp **soy sauce**  
1 tbsp **tomato paste**  
1 tbsp **flour**  
80ml **coconut milk**

## INSTRUCTIONS

Start by cooking pasta according to packet instructions.

Heat oil in a large fry pan. Add the tofu slices and cook for 5 minutes on each side or until golden. Transfer to a plate and cover with aluminum foil.

Add onion and garlic to the same fry pan and cook for 5 minutes, stirring continuously.

Add the mushrooms and paprika and cook for another 3-4 minutes.

Pour in the vegetable stock and soy sauce.

In a small bowl whisk together the tomato paste and flour and add to the saucepan.

Simmer for about 10 minutes or until the sauce has thickened.

Finally stir through the coconut milk and remove from the heat.

Divide pasta between 3 bowls, top with stroganoff sauce and season with salt and pepper.

## MACROS PER PORTION

CALORIES	431	PROTEIN	18
CARBS	56	FATS	15
FIBRE	5		

Lentils are an excellent source of B vitamins, iron, magnesium, potassium and zinc.



# LENTIL PILAF

SERVES: 3

TOTAL TIME: 40 MINUTES

GF V VE DF

## INGREDIENTS

185g **brown rice** (raw)  
1 **brown onion**, diced  
2 x (400g) tinned **lentils**, rinsed and drained  
1 tsp **ground cumin**  
1 tsp **ground cinnamon**  
1 tsp ground **coriander**  
1/2 tsp **ground turmeric**  
1 tsp **salt**  
1 tsp **coconut sugar**  
3 tbsp **tomato paste**  
1 **courgette**, grated  
1 **carrot**, grated  
550ml **vegetable stock**

## INSTRUCTIONS

Start by cooking the rice according to packet instructions. Once cooked, drain well.

Heat the olive oil in a large saucepan. Add the onion and cook for 5 minutes or until translucent.

Add the cooked rice to the pan and sauté for 2 minutes.

Now, add all remaining ingredients. Bring to a boil, reduce to a low heat, cover and cook for 15 minutes. If there is too much excess water, take the lid off and simmer until absorbed.

## MACROS PER PORTION

CALORIES	421	PROTEIN	16
CARBS	78	FATS	5
FIBRE	8		



# BUTTERBEAN TACOS

SERVES: 4

TOTAL TIME: 20 MINUTES

GF V VE DF

## INGREDIENTS

1 tbsp **olive oil**  
2 x (400g) tin **butter beans**  
1 tsp **ground cumin**  
1 tsp **paprika**  
1/2 tsp **dried oregano**  
1/4 tsp **chilli flakes**  
8 **corn tortilla**  
120g **baby spinach**  
2 **Lebanese cucumbers**, diced  
1/2 **red onion**, thinly sliced  
330g **mango**, cut into small cubes

## INSTRUCTIONS

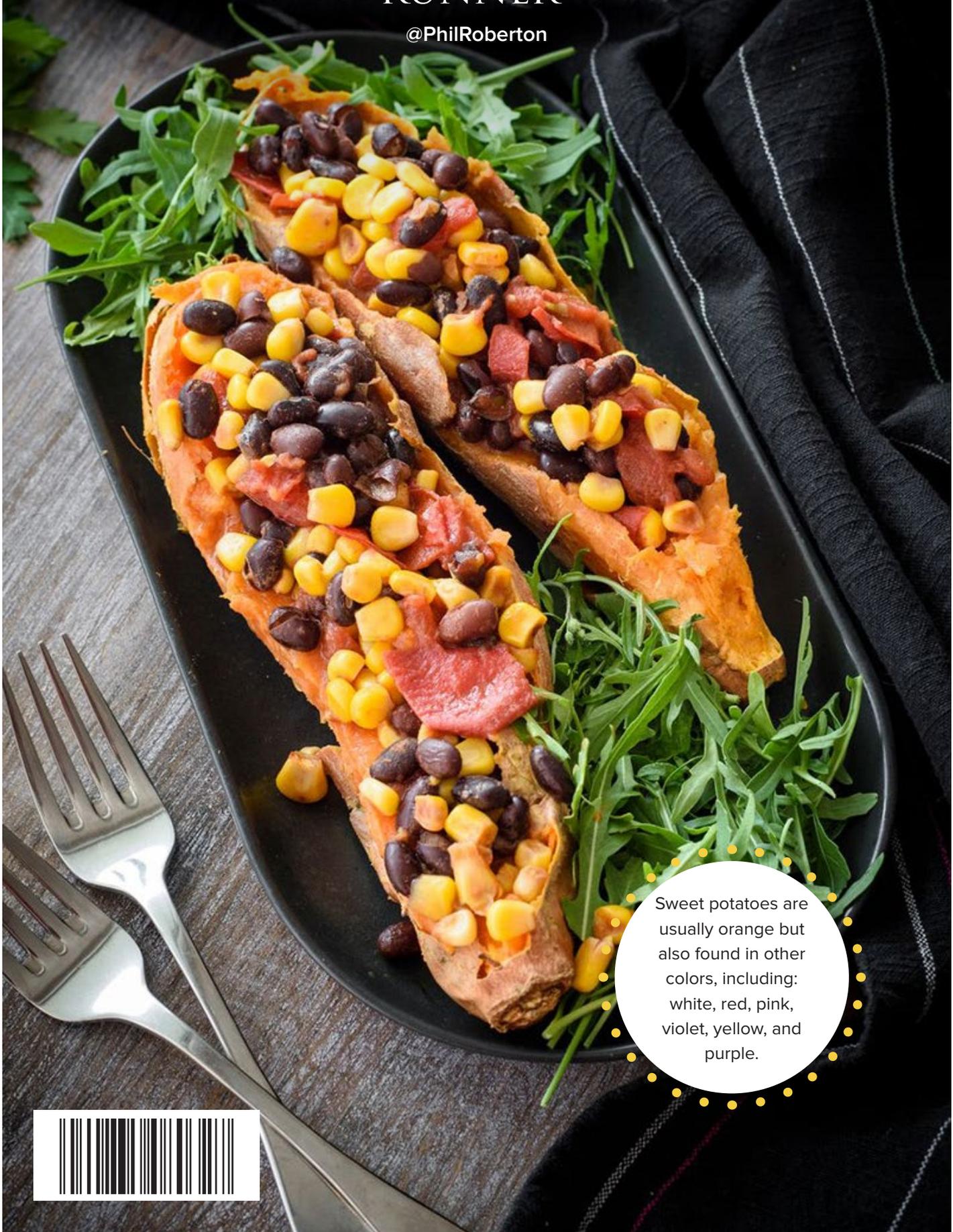
Heat the olive oil in a large fry pan on medium heat, add the beans, cumin, paprika, oregano and chilli flakes. Cook, stirring continuously for about 5 minutes.

Heat the corn tortillas in the microwave for 40 seconds.

Top each tortilla with spinach, cucumber, red onion, mango and cooked beans.

## MACROS PER PORTION

CALORIES	473	PROTEIN	19
CARBS	79	FATS	9
FIBRE	12		



Sweet potatoes are usually orange but also found in other colors, including: white, red, pink, violet, yellow, and purple.



# STUFFED SWEET POTATOES

SERVES: 2

TOTAL TIME: 70 MINUTES

GF V VE DF

## INGREDIENTS

2 medium **sweet potatoes**

1 tbsp **olive oil**

**Salt & cracked pepper.**

3/4 x (400g) tin **black beans**, drained and rinsed

80g **corn kernels**

1 large **tomato**, diced

1 tsp **cumin**

1 tsp **paprika**

25g **rocket**

## INSTRUCTIONS

Start by preheating oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

Rub half the olive oil over the sweet potato, season with salt & pepper, place in the oven and cook for 50-60 minutes.

Meanwhile, heat the remaining oil in a medium-sized skillet. Add the black beans, corn, tomato, cumin and paprika and cook, stirring continuously for 5 minutes.

Once the potatoes are cooked, allow them to cool for 5 minutes.

Transfer to 2 serving plates, top with bean mix and rocket.

## MACROS PER PORTION

CALORIES	456	PROTEIN	14
CARBS	78	FATS	10
FIBRE	12		

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# TOFU NORI ROLLS

SERVES: 2

TOTAL TIME: 45 MINUTES

GF V VE DF

## INGREDIENTS

- 2 tsp **peanut oil**
- 200g **tofu**, thinly sliced
- 4 **nori sheets**
- 1/2 **avocado**, sliced
- 1/2 **red bell pepper**, sliced
- 1 **Lebanese cucumber**, cut into matchsticks

## INSTRUCTIONS

Start by heating the peanut oil in a frying pan over medium high heat. Add the slices of tofu and cook for 4-5 minutes each side.

Place the 4 nori sheets on a flat bench and divide tofu between them.

Add slices of avocado, bell pepper, and cucumber to each one.

Tightly roll the nori rolls and carefully cut each one into 3-4 slices.

Serve with soy sauce and pickled ginger, optional.

## MACROS PER PORTION

CALORIES	271	PROTEIN	17
CARBS	8	FATS	19
FIBRE	5		

Stir fry's originated in China and in recent centuries has spread into other parts of Asia and the West.



# HOKKIEN NOODLES

SERVES: 3

TOTAL TIME: 35 MINUTES

GF V VE DF

## INGREDIENTS

For the **sauce**:

2 tbsp **lime**, juiced

1 1/2 tbsp **peanut butter**

1 tbsp **tamari**

1/2 tsp **chilliflakes**

For the noodles:

450g **fresh rice noodles**

2 tsp **coconut oil**

1 **red onion**, diced

4 **spring onions**, diced

1 tsp **ginger**, minced

1 **carrot**, cut into matchsticks

1/2 **courgette**, cut into matchsticks

50g **mushrooms**, chopped

80g **bean sprouts**

## INSTRUCTIONS

Start by mixing all the sauce ingredients together really well. Set aside.

Cook the noodles according to packet instructions. Drain and set aside.

Next, in a large wok, heat the coconut oil. Add the onion, spring onions and ginger and cook for 1-2 minutes.

Add the carrot and courgette and cook for 5 minutes. Throw in the mushrooms and cook for another 2 minutes.

Finally, add the cooked noodles and sauce. Stir through and heat for another 2-3 minutes.

Remove from the heat, divide into four bowls and top with bean sprouts.

## MACROS PER PORTION

CALORIES	327	PROTEIN	9
CARBS	48	FATS	11
FIBRE	5		

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# TERIYAKI TOFU

SERVES: 3

TOTAL TIME: 20 MINUTES  
(PLUS 60 FOR MARINATING)

GF V VE DF

## INGREDIENTS

60ml **tamari**  
2 tbsp **coconut sugar**  
2 tbsp **mirin**  
2 tsp **sesame oil**  
450g **firm tofu**  
450g **bok choy**  
1 tbsp **sesame seeds**

## INSTRUCTIONS

Start by mixing together the tamari, sugar, mirin and sesame oil.

Place tofu in a large shallow dish and pour sauce all over. Flip the pieces of tofu a couple of times to make sure both sides are well coated. Place in the fridge for 60 minutes.

Meanwhile, bring a pot of water to boil and reduce to a simmer. Place bok choy in a steaming basket and steam for 5-6 minutes or until just tender.

Heat the bbq or grill plate and cook tofu for 5 minutes each side or until golden.

Divide bok choy between 3 bowls, top with tofu and sprinkle with sesame seeds.

### MACROS PER PORTION

CALORIES	410	PROTEIN	24
CARBS	38	FATS	18
FIBRE	4		

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The word  
“hummus” is from  
the Turkish word  
humus, simply  
meaning “mashed  
chickpeas”



# HUMMUS WRAPS

SERVES: 2

TOTAL TIME: 20 MINUTES

GF V VE DF

## INGREDIENTS

1 tsp **olive oil**  
1 **onion**, diced  
1 **red bell pepper**, diced  
100g **mushrooms**, sliced  
1/2 x (400g) tin **corn**, rinsed and drained  
2 large **wholegrain wraps** (gluten-free if required)  
4 tbsp **hummus**  
50g **spinach**  
25g **black olives**

## INSTRUCTIONS

Add the olive oil to a medium-sized fry pan and bring to medium heat. Add the onion and cook for 3 minutes or until softened.

Next, add the bell pepper, mushrooms and corn and cook for another 3 minutes.

Meanwhile, heat the wraps in the microwave for 30 seconds.

Spread hummus evenly across both wraps, top with cooked vegetables, spinach and olives.

## MACROS PER PORTION

CALORIES	405	PROTEIN	13
CARBS	50	FATS	17
FIBRE	13		

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# AUBERGINE PARMIGIANA

SERVES: 4

TOTAL TIME: 45 MINUTES

V VE DF

## INGREDIENTS

2 tbsp **olive oil**  
2 large **aubergine**, cut into 1/2" thick slices  
500ml **passata**  
120g **vegan cheese**  
1 tsp **dried oregano**  
1 tsp **dried parsley**  
150g **breadcrumbs**  
**Salt & cracked pepper**

## INSTRUCTIONS

Preheat the oven to 200°C/400°F/gas 6.

Add half the olive oil to a large frying pan and bring to high heat. Cook the aubergine slices for about 5 minutes, flipping regularly, until both sides are a little charred.

Pour a very thin layer of passata into the bottom of a medium-sized oven-proof baking dish.

Repeat layering of aubergine, vegan cheese and sauce until all ingredients are used, finishing with a layer of cheese.

In a small bowl, mix together the remaining olive oil, oregano, parsley, bread crumbs, salt & cracked pepper. Sprinkle over the top of the parmigiana.

Place in the oven and cook for 30 minutes.

Divide between 4 plates and serve immediately.

## MACROS PER PORTION

CALORIES	360	PROTEIN	8
CARBS	46	FATS	16
FIBRE	7		





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Vanilla Slice originated in France. This popular dessert is also known as Mille feuille, custard slice, cream slice, and Napoleon.



# VANILLA SLICE

SERVES: 10

TOTAL TIME: 25 MINUTES (PLUS  
FOUR HOURS REFRIGERATION)

V VE DF

## INGREDIENTS

2 sheets **vegan puff pastry**

250ml **almond milk**

4 tbsp **cornflour**

1 x (400g) tin **coconut milk**

125ml **maple syrup**

1 tbsp **vanilla bean paste**

1 tsp **sea salt flakes**

Pinch **turmeric powder**

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line 2 baking trays with baking paper.

Place one sheet of puff pastry on each tray, followed by another sheet of baking paper and another tray to hold it down and stop it rising too much.

Cook for 25 minutes or until crispy and golden. Set aside and allow to cool.

Once cooled, cut into 20cm slices. Line a 20cm square baking dish with baking paper and place 1 slice of puff pastry in the bottom.

To prepare the custard, in a medium-sized saucepan, add the almond milk and cornflour and whisk to combine.

Next, add the coconut milk, maple syrup, vanilla bean, sea salt and turmeric. Place on a medium heat, allowing the milk to thicken. Make sure you whisk regularly so the custard remains smooth. Once it does begin to thicken, turn the heat down to low and continue to stir regularly. You want the custard to be nice and thick, it should take about 10 minutes.

Transfer custard to the baking dish and place remaining slice of pastry on top.

Allow to cool then place in the fridge for 5-6 hours.

Once set, cut into 10 slices and serve.

## MACROS PER PORTION

CALORIES	170	PROTEIN	1
CARBS	19	FATS	10
FIBRE	1		



# RASPBERRY RIPE BITES

SERVES: 10

TOTAL TIME: 60 MINUTES

GF V VE DF

## INGREDIENTS

125g **shredded coconut**  
1 tbsp **maple syrup**  
1 tbsp **coconut oil**  
1 tbsp **almond milk**  
1 tsp **lemon juice**  
75g **raspberries**  
100g **dark chocolate**

## INSTRUCTIONS

Add all the ingredients to a food processor and blitz until just combined (still a little chunky).

Roll the mixture into bite-sized balls and place on a baking tray lined with baking paper. Place in the freezer for 30-40 minutes.

Meanwhile, slowly melt the chocolate over a double boiler, stirring continuously.

Roll each bite in the chocolate, place on a large plate and refrigerate until serving.

### MACROS PER PORTION

CALORIES	110	PROTEIN	2
CARBS	4	FATS	10
FIBRE	2		

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Over 90% of the world's cashew crop is consumed in the United States.



# VANILLA BLONDY BITES

SERVES: 12

TOTAL TIME: 25 MINUTES

GF V VE DF

## INGREDIENTS

225g **banana**, mashed

120g **cashew butter**

2 scoops **vegan vanilla protein powder**

1 tbsp **rice malt syrup**

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a 12-case mini muffin pan with mini muffin liners.

Add all ingredients to a blender or food processor and blitz until smooth.

Transfer mixture to the muffin liners.

Place in the oven and cook for 13-15 minutes (an inserted skewer should come out clean).

Allow to cool and store in the fridge.

## MACROS PER PORTION

CALORIES	118	PROTEIN	7
CARBS	9	FATS	6
FIBRE	1		

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# CHOC BANANA ICE CREAM

SERVES: 12

TOTAL TIME: 15 MINUTES  
(PLUS 5 HOURS IN FREEZER)

GF V VE DF

## INGREDIENTS

450g **dates**, soaked in boiling **water** for 30 minutes

2 x (400g) cans **coconut milk**

3 frozen **bananas**

65g **cocoa powder**

1 tsp **pure vanilla extract**

1 tsp **sea salt flakes**

## INSTRUCTIONS

Add the dates to a blender and blitz until very small bits remain. Slowly add water and continue to increase until you have a thick paste.

Add all other ingredients to the blender and blitz until combined.

Line a freezer-safe container with baking paper. Pour mixture into the container and smooth with the back of a spoon.

Place in the freezer for 5-6 hours.

## MACROS PER PORTION

CALORIES	294	PROTEIN	3
CARBS	39	FATS	14
FIBRE	4		

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