

THE VEGAN YOGIC DIET

A 3 DAY PLANT BASED DIET PLAN TO GET YOU FIT AND
HEALTHY, THE YOGIC WAY



SANNE STORM

NAMASTE!

WELCOME TO THIS AMAZING
VEGAN YOGIC DIET E-BOOK!



First of all, thank you for downloading THE YOGIC DIET. My name is Sanne and I'm a 500hr Registered Yoga Teacher. I have followed a plant-based vegan diet for over 3 years now and I just felt so good on this diet, I want to share it all with you!

Before I followed a vegan lifestyle, I was incredibly sick. I was given a diagnosis of Ulcerative Colitis which is an autoimmune disease and affects the colon and intestines. I had been given 12 tablets of medication a day and was also given an enema to take each night. Whilst I was taking the prescribed medication, I noticed that my hair was falling out. I quickly researched to see why this was happening and it was clear that the loss of hair was a side effect from the medication I had taken.

I decided to find an alternative route and look into my diet and lifestyle. I was a Friday night binge drinker, and smoked over 10 cigarettes a day. My diet consisted of mainly breads, meat, pasta, fried foods and takeaways. There were hardly any veggies in my diet which is strange as I had been a vegan/vegetarian between the ages of 13 and 22. After a difficult time at 22, I was diagnosed with anorexia and to gain weight I started to eat meat without thinking about what I was actually putting in my body. 5 years later, my body decided it was enough. I was diagnosed with Ulcerative Colitis and embarked on a journey to heal.

During my research I had looked into various diets. The Paleo diet stood out for me as it was known globally as a way of healing autoimmune disease. I decided to cut out the carbohydrates and focus on meat and vegetables. After 2 weeks on this diet I had noticed that I had not been to the bathroom (I think you know what I mean) and started to panic. Was I dying? After a short trip to the hospital and 10 enemas' later, I finally felt cleansed. I started to think if the Paleo diet does not work, then what will? After hours of research I noticed a trend. Raw Veganism. I didn't think I could survive on eating raw foods only, where would I get my protein? I decided to bite the bullet and go with it.

So, I started to eat raw foods. At this time, I also quit the gym and looked for some way else to stay healthy. So simultaneously I had started eating raw vegan and was going to yoga classes. After about 1 month as a raw vegan, I noticed some changes. I was not struggling with my trips to the bathroom anymore. I decided to merge cooked foods into my diet and after about 6 months as a vegan, I went into remission. This meant that I did not display any symptoms of Colitis. It did not mean that I found a cure, but it meant as long as I lived stress free (well as much as I could), carried on with yoga, ate healthy plant-based meals I was on the right track.

Almost 4 years later I am still a plant-based vegan, I still practice (and teach) yoga and I am still in remission. If I do get a flare up (which is rare), I go on a raw food cleanse for 3 days.

I hope reading this will have inspired you to live a healthier yogic lifestyle, and hopefully it will motivate you to start eating plant-based. The recipes in this E-Book are easy, with less than 10 ingredients for most and created for those who may have minimal time to cook.

Lots of Love,

Sanne x x x



3 DAY VEGAN YOGIC DIET MENU

This 3 day plant-based menu is a sure fire way to kick-start healthy eating habits. If you feel hungry in between, try eating fruit as a snack. For exercise, stick to light activity, such as yoga.

DAY ONE

Breakfast: Vegan Purple Detox Smoothie

Lunch: Kale and Broccoli Soup

Dinner: Tofu Quinoa Bowl

DAY TWO

Breakfast: Green Smoothie Bowl

Lunch: Sweet Potato and Kale Hash

Dinner: Vegan Rainbow Sushi

DAY THREE

Breakfast: Charming Chia Pudding

Lunch: Spiced Chickpea Salad

Dinner: Potato Nachos



RECIPES

VEGAN PURPLE DETOX SMOOTHIE



INGREDIENTS

1 frozen banana
50 grams blueberries
½ cup spinach
Vegan protein powder
3 tablespoons gluten free rolled oats
1 teaspoon maca root powder
1 teaspoon each of chia seeds, hemp seeds and flax seed
150 ml homemade almond milk
Ice

DIRECTIONS

1. Blend smoothie ingredients.
2. Pour smoothie into a glass and enjoy.

GREEN SMOOTHIE BOWL



INGREDIENTS

1 frozen banana
50 grams mango
1 cup spinach
Vegan protein powder
1 teaspoon maca root powder
1 teaspoon each of chia seeds, hemp seeds and flax seed
200 ml coconut water

DIRECTIONS

1. Blend smoothie ingredients.
2. Pour smoothie into a bowl and add toppings of choice.

Toppings: Banana, Blueberries, Goji Berries and Dried Mulberries

CHARMING CHIA PUDDING

INGREDIENTS

2 tablespoons chia seeds
180 ml plant based milk
1/2 teaspoon ground cinnamon
1/2 teaspoon vanilla extract
1 teaspoon maple syrup
(this is optional)

Toppings: any type of fruit,
seeds, cacao nibs

DIRECTIONS

1. Place all ingredients into a bowl or jar and mix.
2. Place in the fridge and leave to set for an hour or overnight.



KALE AND BROCCOLI SOUP



INGREDIENTS (MAKES 4 SERVINGS)

200 grams broccoli
100 grams kale
175 grams cauliflower
2 tablespoons tamari/soy sauce/coconut aminos
2 cloves garlic
1/8 thumb ginger
1 small red onion
1/2 teaspoon cumin
1 tablespoon nutritional yeast flakes
3 cups boiled vegan stock
125 ml unsweetened plant-based milk
1/4 teaspoon Himalayan pink salt
Pinch black pepper

Topping: Hemp Seeds

DIRECTIONS

1. First steam the broccoli, kale and cauliflower.
2. Heat up a pan and add the tamari and a dash of water.
3. Fry the onions, garlic and ginger in the tamari.
4. Once the vegetables are cooked, add to a blender with the fried onions garlic and ginger.
5. Add the stock, cumin, nutritional yeast, salt and pepper to the blender.
6. Blend on high until a soup like consistency is achieved.
7. Pour the mixture into a pan and simmer on a medium heat, add the plant-based milk and simmer for 20 minutes.
8. Serve in a bowl with some crusty bread if you prefer.

SWEET POTATO AND KALE HASH



INGREDIENTS (MAKES 2 SERVINGS)

100 grams kale

2 sweet potatoes

1/2 red onion

2 tablespoons tamari/soy sauce/coconut aminos

2 tablespoons nutritional yeast

2 tablespoons maple syrup (or any other vegan syrup)

1/2 teaspoon cayenne pepper

1/4 teaspoon Himalayan pink salt

Pinch black pepper

DIRECTIONS

1. First steam sweet potatoes.
2. Once the potatoes are steamed, heat up a pan and add the tamari and a dash of water.
3. Fry the onion and add the steamed potatoes.
4. Add nutritional yeast, maple syrup and cayenne pepper, and stir until each potato is coated.
5. Add the kale and place a lid on top of the pan to allow the kale to wilt.
6. Season with pink salt and pepper and serve.

TIP:

You can always substitute the kale for spinach or swiss chard.

SPICED
CHICKPEA
SALAD WITH
TAHINI
DRESSING



INGREDIENTS (MAKES 2 SERVINGS)

CHICKPEAS

- 1 can chickpeas (280g drained)
- 1 tablespoon nutritional yeast
- 1 teaspoon cumin
- 1/2 teaspoon chilli flakes

SALAD

- 1 head baby gem lettuce, shredded
- 1 cup spinach
- 3 stalks dinosaur kale, cut finely
- 8 cherry tomatoes, sliced
- 2 spring onions, thinly sliced
- 2 celery sticks, sliced
- 1 raw beet, shredded
- 1 carrot, shredded

DRESSING

- 1 tablespoon tahini
- 1 tablespoon wholegrain mustard
- 1 tablespoon nutritional yeast
- 2 tablespoons water, add more to thin

DIRECTIONS

1. Pre-Heat the oven at 180 degrees.
2. Drain the chickpeas thoroughly before placing into a bowl.
3. Add the nutritional yeast, cumin and chilli flakes to the chickpeas and stir until combined.
4. Place the chickpeas onto a baking tray lined with parchment paper and roast for 20 - 25 minutes.
5. Throw all the salad ingredient into a bowl.
6. For the dressing - in a small bowl mix the tahini, mustard, nutritional yeast and water until well combined.
7. Take the chickpeas out of the oven and leave to cool for 5 minutes before adding to the salad. Top with the tahini dressing.

TOFU QUINOA BOWL



INGREDIENTS (SERVES 1)

25 grams dry quinoa
1 purple Japanese sweet potato
70 grams extra firm tofu
2 tablespoons edamame beans
3 medium sized mushrooms, sliced
50 grams broccoli florets
1 small red onion
1 handful spinach
1 tablespoon nutritional yeast flakes
2 tablespoon tamari/soy sauce/coconut aminos
2 teaspoons Japanese shoyu sauce
1 tablespoon peanut butter
1 tablespoon water

DIRECTIONS

1. First chop up the sweet potato and bake in the oven at 200 degrees for 30 minutes.
2. Chop up the tofu into cubes and place into a bowl. Add 1 tablespoon of tamari and nutritional yeast into the bowl and mix. Leave to marinate.
3. In a pan add the shoyu sauce and onions and fry.
4. Once the onions are translucent, add the mushrooms and broccoli and stir. Place the lid and allow to cook.
5. Once the sweet potato is halfway cooked, add the tofu into the oven.
6. Boil the quinoa and once cooked, leave to cool.
7. For the sauce, mix the peanut butter, 1 tablespoon of tamari, water and mix.
8. Place the quinoa, mixed veggies, potatoes and tofu in a bowl. Add the spinach to the bowl and top with edamame and peanut sauce. Serve instantly.

TIP: Substitute the quinoa for rice, the Japanese sweet potato for sweet potato and shoyu sauce for soy sauce.

VEGAN RAINBOW SUSHI



INGREDIENTS (SERVES 1)

2 sheets nori

45 grams organic brown sushi rice

1 tablespoon rice vinegar

1 teaspoon coconut sugar

1 small carrot, sliced into strips

1 small raw beet, sliced into strips

1 / 4 cucumber, sliced into strips

1 / 2 an avocado, sliced into strips

1 tablespoon tamari/soy sauce/coconut aminos

1 teaspoon vegan wasabi sauce

Sesame seeds to garnish

DIRECTIONS

1. First using a pan, boil the sushi rice according to instructions.

2. Once the sushi is fluffy and excess water has been evaporated, add the rice vinegar and coconut sugar and stir. Remove the lid of the pan and leave to cool for around 30 minutes.

3. Once cooled place your nori sheet onto your sushi mat, using a spoon scoop 1.2 the rice mixture onto the sheet.

4. Add the avocado, cucumber, carrots and beetroot and roll.

5. Repeat the process for the 2nd nori sheet.

6. Once rolled, using a sharp knife (wet the knife), slice the sushi to your desired thickness.

7. Sprinkle sesame seeds and serve with soy sauce and wasabi.

POTATO NACHOS



INGREDIENTS (SERVES 1)

NACHO CHIPS

200G potatoes, sliced into thin circles

2 teaspoons nutritional yeast

1/2 teaspoon garlic powder

"REFRIED" BEANS

1/2 can pinto beans

1 clove garlic

Juice of 1/2 a lime

1/2 tablespoon tamari/soy sauce/coconut aminos

1/2 teaspoon cumin

Pinch ground coriander

Pinch of paprika

Pinch of black pepper

1 teaspoon dried coriander or fresh

1 tablespoon water

GUACAMOLE

1/2 an avocado

1/2 tablespoon nutritional yeast

Pinch pink salt

Pinch of black pepper

SALSA

1 tomato, cubed

1/2 red onion, sliced,

3-4 jalapeños

1 tablespoon fresh coriander

1/2 tablespoon of apple cider vinegar

Pinch pink salt and black pepper

DIRECTIONS

1. First pre-heat the oven to 200 degrees.
2. First steam the potatoes on high heat for 5 minutes.
3. Add all the refried beans ingredients into a food processor and process until smooth (you can leave some chunks of beans in it).
4. Place the refried beans mixture in a pan, add some water to fry on a medium heat. Once it starts to bubble, switch off the heat, and place a lid on the pan.
5. Remove the potatoes from the steamer, add to a bowl and mix in the nutritional yeast and garlic powder. Transfer onto a baking tray and place into the oven for 20 - 25 minutes.
- 6: Mix all the salsa ingredients and guacamole ingredients in 2 separate bowls.
7. About 5 minutes before taking the potatoes out, reheat the refried beans on a low heat.
8. Remove the potatoes, add to a plate. Top with the refried beans, guacamole and salsa.
9. Enjoy!

THANK YOU!

Thank you so much for reading this E-book. It took a lot of time, love and energy to create it. I hope this E-book helps you make better choices when it comes to eating, and to realise that health is wealth.

Combining a daily yoga practice and healthy eating will enable you to gain health mentally, physically and spiritually. Hopefully you will find that you have more energy than ever!

If you have any questions about this ebook, yoga or veganism then please do not hesitate to get in touch. You can get in touch via my Instagram, Facebook or website.

Once again, thank you. I look forward to hearing from you, and let me know if you make any of these delicious recipes!

Love,
Sanne x x x



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