

*The BodyCamp*  
**30 FAVOURITES**  
**VOLUME I**



**BEN WHALE**





*hello there*  
**I'M BEN**

Welcome to our plant-based ebook, where healthy and delicious meals come together to create a perfect balance for your body and mind.

I have the privilege of serving as the Executive Chef at The Body Camp. Along with my incredible team, we have created a collection of 30 of our guests' favourite recipes that are both nutrient-dense and full of flavour.

Whether you're a plant-based veteran or a curious beginner, our recipes cater to all dietary preferences and offer a variety of dishes that can be enjoyed at any time of the day. From breakfast to dinner and everything in between, our recipes incorporate whole food, and natural ingredients that will leave you feeling energised and satisfied. Enjoy!

*Ben x*











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# 1. BIRCHER



## INGREDIENTS

- 500g gluten-free oats
- 1 litre apple juice
- 1 lemon, zested and juiced
- 1 lime, zested and juiced
- 500ml coconut yoghurt
- ½ cup pumpkin seeds
- ½ cup goji berries
- ½ cup almonds
- 2 tbsp vanilla extract

## COOKING PROCESS

1. Put everything into a bowl, give it a good mix, and pop it into the fridge.
2. Ready for the morning or when you fancy a little snack.



**CALORIES**

431



**CARBS**

59g



**FATS**

14.3g



**PROTEIN**

17.3g



## 2. CHIA JAM



**CALORIES**

91



**CARBS**

14.5g



**FATS**

2.9



**PROTEIN**

1.9g



### INGREDIENTS

- 500g defrosted frozen berries of choice
- ½ cup chia seeds
- 1 tsp vanilla essence
- ¼ cup maple syrup or honey if you like

### COOKING PROCESS

1. Mix everything together, leave for 3 minutes, and mix again until it thickens.
2. Pop into a jar ready for when you want.



### 3. CHIA, LIME & BERRY PUDDING



**CALORIES**

372



**CARBS**

32.5g



**FATS**

23.9g



**PROTEIN**

8g



#### INGREDIENTS

- 1 cup chia seeds
- 800ml (2 tins) of coconut milk
- 2 limes, zested and juiced
- 1 cup mixed berries. I used frozen mixed berries.
- ½ cup maple syrup or raw honey
- 1 tbsp vanilla essence

#### COOKING PROCESS

1. Mix everything together and leave for 2 minutes.
2. Stir again until it starts to thicken and then pop into your jar or pots, and you're ready to go.
3. You can add anything to this mix like pumpkin seeds, goji berries, blueberries, and almonds.
4. You can also use almond milk instead of coconut milk if you want to reduce the calories.







## 4. CHICKPEA & PUMPKIN SEED BREAD



### INGREDIENTS

- 225g chickpea flour
- 80g cornflour or tapioca
- 2 tsp baking powder
- ¼ tsp sea salt
- 2 tsp psyllium husk
- 1 tsp maple syrup
- 250ml water
- 3 tbsp olive oil
- 1 tbsp apple cider vinegar
- 2 handfuls of pumpkin seeds

### COOKING PROCESS

1. Prepare a bread tin (21cm x 11cm) and preheat the oven at 180 degrees.
2. Mix all the dry ingredients together and mix.
3. Then add all the wet ingredients and mix well.
4. Pour into your prepared tin and flatten so it rises evenly.
5. Bake at 180 degrees for 40 minutes



**CALORIES**

237



**CARBS**

26.7g



**FATS**

9.5g



**PROTEIN**

11g



## 5. FRITTA MIX



**CALORIES**

182



**CARBS**

30.7g



**FATS**

13.5g



**PROTEIN**

10.4



### INGREDIENTS

- 1 cup water
- ½ cup corn flour
- 2 cups chickpea flour
- 1 tbsp nutritional yeast
- 2 garlic cloves
- 1 tsp smoked paprika
- 1 tsp cumin
- 1 tbsp baking powder
- 2 courgettes, grated
- 4 corn cobs, corn chopped off
- 1 cup peas
- 1 red onion finely diced
- 1 bunch coriander chopped
- 2 tsp salt
- 1 tsp pepper

### COOKING PROCESS

1. Add to batter
2. Blend batter ingredients together until smooth



## 6. PANCAKES



### INGREDIENTS

- 2 ripe banana
- 2 cups buckwheat flour
- 1 cup plant milk
- ½ tsp cinnamon
- 1 tsp baking powder
- 70g pea protein
- ½ cup blue berries
- ½ cup chocolate chips
- Coconut oil for frying

### COOKING PROCESS

1. Blend everything together apart from the blue berries and chocolate chips until you get a nice thick batter. ,
2. Fold in the blueberries and chocolate chips by hand to keep them whole.
3. Putting whole berries into the pancakes will be preferable.
4. Pan-fry on the lowest heat with a bit of coconut oil until golden brown on each side.



**CALORIES**

182



**CARBS**

30.7g



**FATS**

13.5g



**PROTEIN**

10.4g





## 7. SEEDED BREAD

### INGREDIENTS

- 4 cups sunflower seeds
- 2 cups flax seeds
- 2 cups nuts of choice
- 6 cups oats
- $\frac{1}{3}$  cup chia
- Good pinch of salt
- 4 tbsp maple syrup
- $\frac{1}{2}$  cup melted coconut oil
- 6 cups water

### COOKING PROCESS

1. Mix all the dry ingredients together and then add the wet ingredients. Mix well and place into tins, cover and leave on the counter for 12 hours. Do not refrigerate!
2. Bake at 180 degrees for 20 minutes, reduce the heat to 160 degrees, and bake for a further 40 minutes.



**CALORIES**

200



**CARBS**

17g



**FATS**

13.8g



**PROTEIN**

5.2g





## 8. SUGAR-FREE JAM

### INGREDIENTS

- 500g frozen or fresh berries of choice
- frozen blueberries
- ½ tsp psyllium husk powder
- 2 tsp vanilla extract

### COOKING PROCESS

1. Blend 2/3 of the berries with the psyllium and vanilla until smooth.
2. Add the rest of the berries and mix in with a spoon, so you keep some whole fruits.
3. I think it looks nicer this way, but you can blend everything together if you like.



**CALORIES**

240



**CARBS**

53.7g



**FATS**

1.6g



**PROTEIN**

3.5g



# The Body Camp





# 9. DAHL WITH MANGO CHUTNEY



**CALORIES**  
439



**CARBS**  
44g



**FATS**  
22.8g



**PROTEIN**  
15.8g



## INGREDIENTS

- 4 red onions finely diced
- 4 cloves garlic finely diced
- 2 thumb-sized pieces of ginger, finely diced
- 1 tbsp cumin seeds
- ½ tbsp onion seeds (nigella)
- 600g yellow lentils, soaked for 8 hours
- 800ml coconut milk
- 250ml vegetable stock
- 1 tsp turmeric
- ½ tsp black pepper
- 1 tbsp madras curry powder
- 1 tbsp coconut oil

## COOKING PROCESS

1. Warm the coconut oil in a big saucepan and fry the onion and cumin seeds until they start to sizzle and smell fragrant.
2. Reduce the temperature to a minimum.
3. Add the finely diced onion, garlic and ginger with a teaspoon of salt and ½ teaspoon of pepper and pop a lid on. Stir every five minutes or so.
4. The condensation will drip down and stop it from burning.
5. Add your lentils and cook for 20 minutes until tender and drain.
6. While draining, add the turmeric powder and madras powder to the onions and cook for 1 minute.
7. And then add the lentils, coconut milk, and stock, cook for a further 20 minutes, and enjoy!

# DAHL WITH MANGO CHUTNEY CONT.



**CALORIES**  
1228



**CARBS**  
268g



**FATS**  
5.1g



**PROTEIN**  
13.1g



## INGREDIENTS - MANGO CHUTNEY

- 4700g fresh mango or frozen pieces, defrosted
- 2 or 3 red chillies (depending on heat), deseeded
- 100ml cider vinegar
- 100g raw sugar or date paste
- 2 garlic cloves crushed
- 2cm piece of ginger, grated
- 2 teaspoons of onion/nigella seeds

## COOKING PROCESS

1. Put the chopped mango and the rest of the ingredients into a saucepan and cook over a low heat for 30 minutes until it starts to get super thick. Stir regularly so that it doesn't stick to the bottom of the pan.



# 10. FALAFEL



**CALORIES**

53



**CARBS**

9g



**FATS**

1.3g



**PROTEIN**

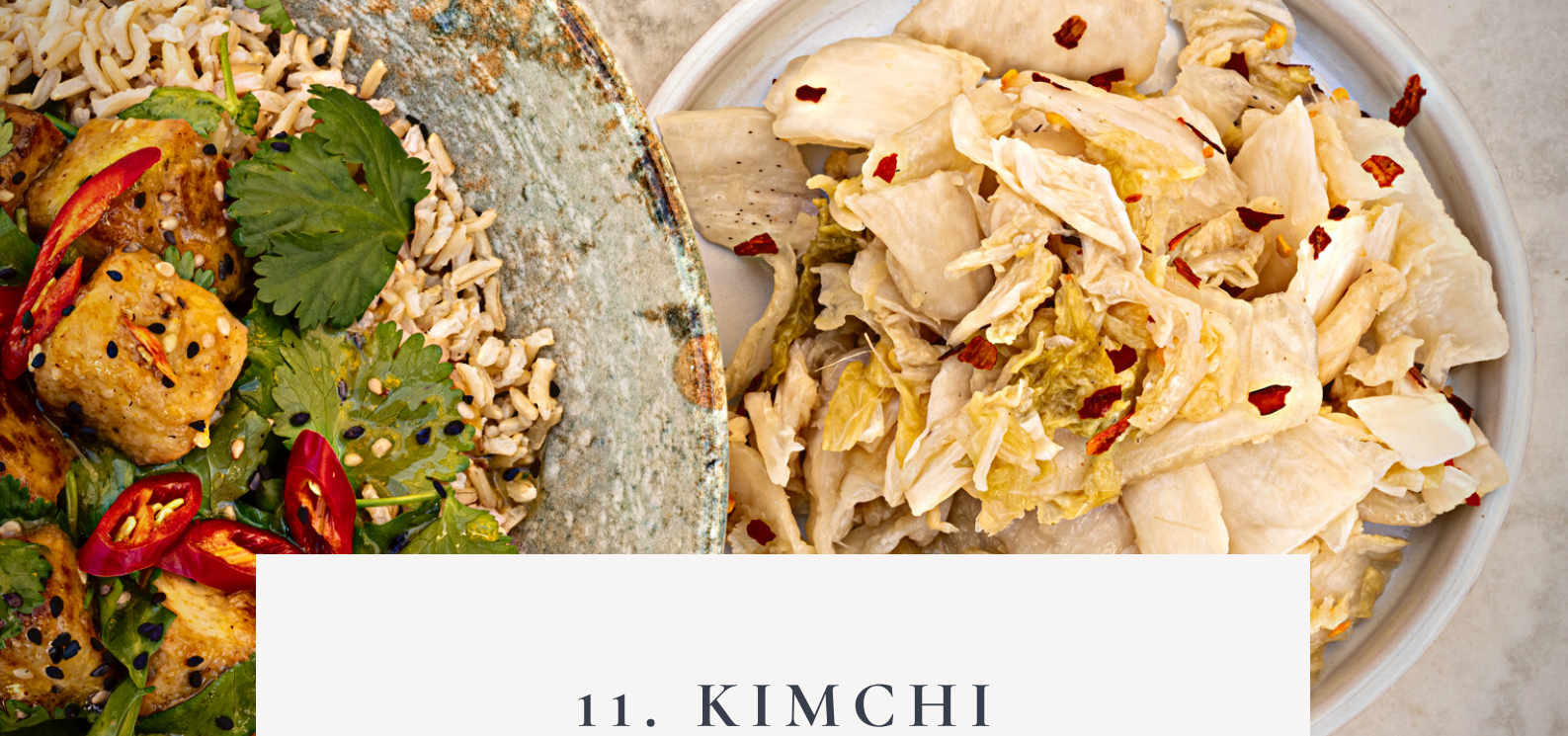
4.4g

## INGREDIENTS

- 1 cup dried chickpeas
- 1/2 cup onion, roughly chopped
- 1 cup parsley
- 1 cup cilantro
- 1 small chilli
- 3 cloves garlic
- 1 tsp cumin
- 1 tsp salt
- 1/2 tsp cardamom
- 1/2 tsp black pepper
- 2 tbsp chickpea flour
- 1/2 tsp baking powder

## COOKING PROCESS

1. Soak chickpeas overnight in lots of water.
2. Put all the ingredients into a food processor and pulse until smooth. If it feels soft and difficult to shape, add more chickpea flour, form into falafel shapes, and pop them into the fridge to firm up.
3. Pan fry over a medium heat in avocado oil until golden brown on both sides.



## 11. KIMCHI

### INGREDIENTS

- 2kg Napa cabbage
- 40g 2% salt
- 4 garlic cloves
- 1 to 2 tsp chilli flakes - Korean chilli flakes (Gochugaru) if you can get some
- 1 thumb sized piece of ginger
- 1 tbsp tamari

### COOKING PROCESS

1. Chop your Napa cabbage into bite-sized pieces and put it into a big bowl or saucepan, and add the salt, giving it a good mix.
2. The salt will start to wilt the cabbage, and mix every 30 minutes.
3. After 2 hours, the cabbage will wilt to a  $\frac{1}{4}$  of the size, and you'll have a puddle of water at the bottom.
4. Put the cabbage in a colander and allow the water to drain away.
5. In the meantime, blend the garlic, ginger and tamari together into a paste.
6. Now put the cabbage back into a bowl and add the paste and chilli flakes.
7. If you can get Gochugaru (Korean chilli flakes) even better. They are not as spicy and will give your kimchi a lovely red colour.



**CALORIES**

349



**CARBS**

63g



**FATS**

5.8g



**PROTEIN**

36g





## 12. QUINOA

### INGREDIENTS

- 1 cup quinoa
- 1 cup water
- Pinch of salt

### COOKING PROCESS

1. Wash the quinoa and allow it to drain.
2. Then add everything to a small saucepan and bring to the boil; reduce the heat to a minimum, put a tight-fitting lid on, and cook for 10 minutes.
3. Remove from the heat and use as and when you like.



**CALORIES**

313



**CARBS**

54g



**FATS**

5.2g



**PROTEIN**

12

# 13. BROWN BASMATI RICE



## INGREDIENTS

- 1 cup brown basmati rice, soaked for 6 hours minimum (if possible)
- 1 ½ cup of water
- 1 cinnamon stick
- Pinch of salt

## COOKING PROCESS

1. Wash the rice first.
2. Put everything into a small saucepan and bring to the boil.
3. Reduce the heat to the minimum and put on a tight-fitting lid.
4. Cook for 15 to 20 minutes and remove from the heat.
5. If you want to cook brown rice, which is a bit bigger than basmati, use 2 cups of water for every 1 cup of rice, and follow the same technique.



**CALORIES**

216



**CARBS**

124g



**FATS**

4g



**PROTEIN**

16g



# 14. STICKY TOFU WITH ORANGE JUICE



**CALORIES**

207



**CARBS**

30g



**FATS**

5.2g



**PROTEIN**

16g

## INGREDIENTS

- 400g smoked tofu, cut into small bite-sized cubes
- 2 tbsp cornflour
- 1 tbsp onion powder
- 1 tsp garlic powder
- ½ tsp salt and pepper
- 125ml orange juice
- 2 tbsp tamari
- 2 tbsp maple syrup
- 1 garlic clove
- ½ thumb-sized piece of ginger
- ½ tbsp cornflour
- 4 tbsp water
- Chilli flakes: as much as you want

## COOKING PROCESS

1. For the tofu, mix all the dry ingredients together and then toss the tofu in the spice mix. Pan fry over a medium heat in coconut oil until golden brown.
2. For the sauce, blend everything together, pour over the tofu in the frying pan, and cook for 1 minute until the sauce thickens and the tofu is evenly coated in sauce. Enjoy!

# 15. TACO



**CALORIES**

91



**CARBS**

14.5g



**FATS**

2.9



**PROTEIN**

1.9g



## INGREDIENTS

- 4 Corn tortilla wraps, 12cm to 15cm
- Avocado puree
- 2 avocados
- 1 cloves garlic
- 1 lime, juiced
- ½ tsp sea salt
- ½ tsp pepper

## COOKING PROCESS

1. Blend together until smooth; I like to add a little drizzle of extra virgin olive oil.





# 16. AOILI



## INGREDIENTS

- 1 cup cashew, soaked for a minimum of 4 hours
- 2 to 3 garlic cloves, depending on how garlicky you like it
- 1 lemon, juiced
- ½ tsp salt
- ½ tsp pepper
- ½ cup water
- 1 tbsp nutritional yeast

## COOKING PROCESS

1. Blend together until smooth
2. Adding a touch of water if it looks too thick until you reach the right consistency.



**CALORIES**

833



**CARBS**

64g



**FATS**

60g



**PROTEIN**

20g



# 17. CREAM CHEESE



## INGREDIENTS

- 1 cup cashew nuts, soaked for a minimum of 4 hours or boiled for 5 minutes
- 1 clove of garlic
- ½ tsp sea salt
- ½ tsp black pepper
- ¼ cup olive oil
- ½ lemon, juiced
- 1 tbsp nutritional yeast
- Splash of water

## COOKING PROCESS

1. Blend everything together until super smooth, adding a splash of water to get the consistency you want, and also add more salt and pepper if you want.
2. You can eat it straight away or pour into a jar and pop it into the fridge.
3. Use within 4 to 5 days.

  
**CALORIES**  
1325

  
**CARBS**  
182g

  
**FATS**  
59g

  
**PROTEIN**  
34.2g

# 18. KETCHUP



**CALORIES**

232



**CARBS**

43g



**FATS**

0g



**PROTEIN**

8g



## INGREDIENTS

- 200g tomato puree
- 2 tbsp apple cider vinegar
- 1 tbsp maple syrup or honey
- Pinch of salt and pepper

## COOKING PROCESS

1. Mix everything together.
2. Refrigerate for when you need it.



# 19. MISO HONEY MUSTARD DRESSING



**CALORIES**

20



**CARBS**

39g



**FATS**

9.2g



**PROTEIN**

0.3g



## INGREDIENTS

- 10g ginger
- 80g white miso
- 1 tbsp dijon
- 2 tbsp honey
- 10ml toasted sesame oil
- 50ml rice wine vinegar

## COOKING PROCESS

1. Mix all of the ingredients together.

## 20. RED PEPPER DRESSING



**CALORIES**

916



**CARBS**

67.8g



**FATS**

61.2g



**PROTEIN**

22.4g



### INGREDIENTS

- 1 cup cashew nuts
- 1 clove garlic
- 2 red peppers, chopped
- ¼ cup of apple cider vinegar
- 1-2 dates
- 1 tsp oregano
- Salt and pepper

### COOKING PROCESS

1. Blend all together and use as a dipping sauce or dressing for salads, quinoa and rice to name a few uses.





## 21. SALTED CHOCOLATE TORTE BALLS



**CALORIES**

159



**CARBS**

9.3g



**FATS**

11.2g



**PROTEIN**

7.8g



### INGREDIENTS

- 350g ground almonds
- 150g dates
- 2 tbsp almond butter
- 60g cacao powder
- 2g salt
- 3 tbsp tamari
- 2 tsp vanilla essence
- ½ cup pea protein

### COOKING PROCESS

1. Blend dates into a coarse crumb.
2. Add the rest of the ingredients and blend until evenly mixed.
3. You'll need to add a splash of milk or water until it's moist enough to roll.
4. Roll into balls and freeze.





## 22. LEMON DRIZZLE BALLS

### INGREDIENTS

- 350g ground almond
- 150g dates
- 1 lemon, zested and juiced
- 2 tbsp almond butter
- 2 tsp vanilla essence
- ½ tsp turmeric
- ½ tsp black pepper
- ½ cup goji berries
- 80g pea protein

### COOKING PROCESS

1. Blend dates first until it looks like a coarse crumb.
2. Add the rest of the ingredients but not the goji berries, and blend until evenly mixed together.
3. Taste and add more lemon if needed.
4. Mix gojis in by hand so they stay whole.
5. Roll into 45g balls and freeze.



**CALORIES**

163



**CARBS**

11.9g



**FATS**

10g



**PROTEIN**

8.6g



## 23. APPLE, ALMOND & CINNAMON BALLS

### INGREDIENTS

- 200g oats
- 200g pitted dates, chopped into little rings
- 200g ground almonds
- 8 tbsp almond butter
- 1 tsp ground cinnamon
- 120g raisins and/or sultanas
- 2 Apples chopped into sexy little cubes
- Squeeze of lemon juice

### COOKING PROCESS

1. Mix them all together and roll into balls, then roll in nuts, hemp or coconut to finish, and then freeze.
2. Add a splash of water if you find it hard to roll.



**CALORIES**

196



**CARBS**

23.1g



**FATS**

9.9g



**PROTEIN**

5.6g



## 24. CHOCOLATE TORTE



### INGREDIENTS

For the base:

- ½ cup dates, de-stoned
- 1 cup almonds
- ½ cup hazelnuts
- ¼ cup melted coconut oil

Filling:

- 2 cups of dark chocolate broken up.
- 1 ½ cup coconut milk
- 2 tsp vanilla extract
- 1 tbsp tamari
- 1 orange, zested and juiced

### COOKING PROCESS

1. Blend all ingredients together to make a crumb, and add the melted coconut oil.
2. Press the crumb into the bases on a tray and pop it into the fridge.
3. Put everything into a saucepan and put on the lowest heat.
4. The liquid should be 1-2cm above the chocolate.
5. Stir until nice and smooth, pour into your mould or ramekins, and put them in the fridge for at least 3 hours to set.
6. Super easy and super tasty!



**CALORIES**

1657



**CARBS**

126.5g



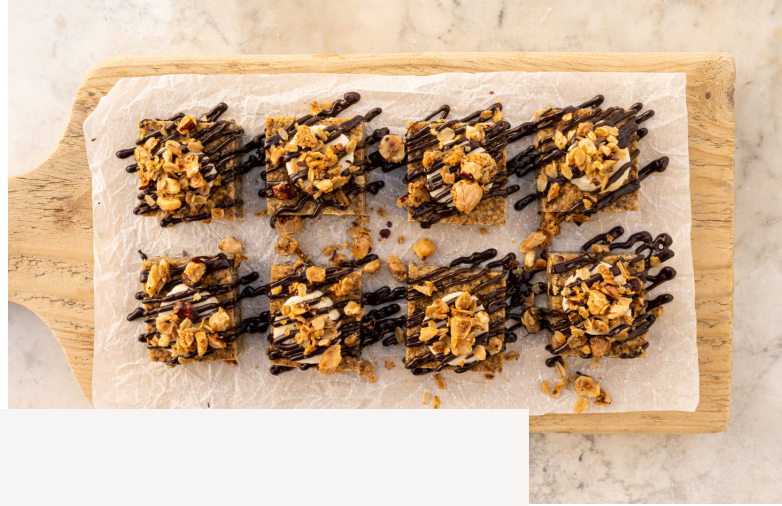
**FATS**

132.1g



**PROTEIN**

31.8g



## 25. BANANA FLAPJACKS

### INGREDIENTS

- 40g coconut oil melted
- 30g almond butter
- 100ml water
- 2 mashed ripe banana
- 200g oats
- 1 tsp cinnamon
- 50g milled flax seed
- 1 tsp vanilla essence/powder

### COOKING PROCESS

1. Mix all ingredients together and put into a baking tray lined with parchment paper.
2. Bake at 150 degrees C for 20 minutes until golden brown, chill and portion.



**CALORIES**

214



**CARBS**

24.6g



**FATS**

11.2g



**PROTEIN**

5.6g





## 26. CARROT CAKE

### INGREDIENTS

- 1 tbsp milled flax seeds mixed with 4 tbsp water (flax egg)
- ¼ cup olive oil
- 1 ripe banana
- ½ cup coconut sugar
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- ½ cup plant milk
- 1 heaped cup grated carrots
- 1 grated apple
- 1 cup gluten-free oats
- 1 ½ tsp baking powder
- ½ cup ground almonds
- 1 cup buckwheat flour

### COOKING PROCESS

1. Preheat your oven to 150 degrees.
2. Line a cake tin or tray with grease-proof paper.
3. Mix all the ingredients together until nice and smooth and put into your baking tin/tray, and bake for 30 minutes at 150 degrees until golden.
4. Gently put a knife or skewer into the fattest part of the cake and pull it out. If the knife comes out clean, it is cooked. If you still have wet cake mix stuck to the knife, you'll need to cook a little longer until the knife comes out clean.
5. Allow to cool before icing and portion how you like.



**CALORIES**

194



**CARBS**

30.4g



**FATS**

7.5g



**PROTEIN**

4.5g







## 27. CHICKPEA COOKIES



**CALORIES**

189



**CARBS**

16.7g



**FATS**

11g



**PROTEIN**

7.3g



### INGREDIENTS

- 400g of cooked chickpeas, drained and rinsed
- 1/4 cup/75g crunchy peanut butter
- 1/3 cup maple syrup or rice malt syrup
- 1 tsp vanilla extract
- 2 tbsp melted coconut oil
- 30g hazelnuts
- 90g 70% dark chocolate chips
- 1/2 cup protein powder

### COOKING PROCESS

1. Preheat the oven at 180 degrees C
2. Put everything into the food processor apart from the chocolate and blend into a smooth dough, and fold in the chocolate chips by hand.
3. Make cookie shapes and bake for 10 minutes at 180 degrees.



## 28. CHOCOLATE FUDGE BROWNIES

### INGREDIENTS

- 3 cups cooked adzuki beans
- 1 cup of cacao
- 2 cups dates, de-stoned
- 2 tbsp almond butter
- 2 tbsp coconut oil
- 2 tbsp milled flax seeds
- 150ml water
- 1 tsp vanilla powder
- ½ cup pea protein

### COOKING PROCESS

1. Mix the water and the milled flax seeds together to make a thick gelatinous egg replacement.
2. Then put the almond butter, coconut oil, flax egg and dates into a food processor and blend until smooth.
3. Add the cacao, vanilla and adzuki beans; blend until smooth.
4. Put onto a baking tray lined with parchment paper and bake for 20 minutes at 150 degrees Celsius.



**CALORIES**

286



**CARBS**

32g



**FATS**

8.8g



**PROTEIN**

10.3g





## 29. CHOCOLATE SAUCE

### INGREDIENTS

- 3 tbsp peanut butter
- 4 dates
- ½ cup cacao powder
- 400ml plant milk
- 1 tsp vanilla

### COOKING PROCESS

1. Blend until smooth
2. Pop into a jar and use when you like.



**CALORIES**

1151



**CARBS**

137g



**FATS**

43.3g



**PROTEIN**

26g



## 30. SALTED CARAMEL MAGNUMS

### INGREDIENTS

- 4 cups cashew nuts, soaked
- 3 cups dates
- 1 cup almond butter
- 1 litre plant milk
- 4 tbsp lucuma
- 1 tbsp maca
- 14g salt
- Vanilla essence to taste

### COOKING PROCESS

1. Blend all ingredients together until smooth, pour into moulds and freeze.
2. Once frozen, remove from moulds and dip into melted dark chocolate, and freeze again until needed.



**CALORIES**

113



**CARBS**

12.3g



**FATS**

12g



**PROTEIN**

13g





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