



ENERGY
MEAL
PLANS

VEGETARIAN
(1300kcal - 1500kcal)

20th-26th april

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	English Breakfast	Paneer noodles	Nutrela keema with mashed potatoes	Cheese Cake	Green shake (vegan protein, banana, spinach,
TUESDAY	Stuffed omelette with brown bread	Red kidney beans stew with brown rice	Crusted Sesame tofu with grilled tapioca	Blueberries muffins	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Red velvet waffles	Chili Tofu fried rice	Vegetable cutlets with potato and green salad	Energy sesame granola bar	Mango Banana (vegan protein, soy milk, mango,
THURSDAY	Korean Omelette	Lentil wrap	Stuffed portobello mushroom	Choco chips cookies	Strawberry - beet (vegan protein, soya milk,
FRIDAY	Chocolate chia pudding	Thai edamame rice noodles	Grilled Jackfruits with mashed potato	Strawberries tart	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	Stuffed capsicum eggs	White kidney beans with rice	Halloumi hot quinoa salad	Mini Sliders	Green shake (vegan protein, banana,
SUNDAY	Banana oats pancakes	Quiona Risotto	Stuffed zucchini boats	Energy balls	Fragola Cream (vegan protein, soy milk,