

## VEGETARIAN

18th - 25th June

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Sweet chili nutrela with vegetables and rice	Grilled portobello Teriyaki with quinoa	Chocolate brownie	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Pesto egg sandwich	Eggplant rollatini	Chickpeas kale salad	Sesame protein balls	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Vanilla chia pudding	Hot & sour tofu with rice	Red beans burger with potato	Orange cake	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Italian egg burrito	Chinese style paneer rice noodles	Halloumi- Quinoa Mediterranean salad	Fresh Fruits cup	Strawberry - beet (vegan protein, soya milk, strawberries, beetroot)
FRIDAY	Mocha almond protein overnight oats	Chimichurri grilled jackfruit with potato wedges	Lentil curry with rice	Roasted nuts	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	Low fat Cheese Omelette	Edamame with noodles	Vegetarian Falafel with mashed potatoes	Protein chocolate granola bar	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
SUNDAY	French tartine	Grilled tofu with rice	Triple beans salad	Cranberries oats cookies	Fragola Cream (vegan protein, soy milk, strawberries, banana)