

VEGETARIAN

20th-26th November

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Oats pancakes with peanut butter sauce	Lentil stew with brown rice	Sautéed quinoa & edamame	Chocolate cake	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Egg cheese muffins	Noodles with eggs	Grilled tofu poke bowl	Fruit cup	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Chocolate overnights oats	Panko crusted paneer with quinoa	Chickpeas cous cous salad	Strawberries tart	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Vanilla waffles with peach sauce	Vegetarian paella	Nutrela Tikka masala with grilled potato	Granola bar	Strawberry - beet (vegan protein, soya milk, strawberries, beetroot)
FRIDAY	Healthy egg burrito	Tofu bolognese pasta	Chickpeas tahini salad with sweet potatoes	Pistachio cake	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	French omelette with bread	Moroccan white beans stew with rice	Mexican stuffed zucchini	Ginger cookies	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
SUNDAY	Banana - nuts protein chia pudding	Creamy mushroom with brown rice	Tofu tikka masala with potato	Protein balls	Fragola Cream (vegan protein, soy milk, strawberries, banana)