



VEGAN

18th - 25th June

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Vegan Blueberries pancakes	Sweet chili nutrela with vegetables and rice	Grilled portobello Teriyaki with quinoa	Rice cakes with peanut butter	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Balsamic roasted tomatoes with hummus & toast	Eggplant rollatini	Chickpeas kale salad	Sesame protein balls	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Vanilla chia pudding	Oats crusted tofu with rice	Red beans burger with potato	Vegan Orange cake	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Scrambled tofu burrito	Chinese style paneer rice noodles	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	Vegan pancakes	Edamame with noodles	Vegetarian Falafel with mashed potatoes	Protein chocolate granola bar	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
SUNDAY	Quinoa porridge	Grilled tofu with rice	Triple beans salad	Protein balls	Fragola Cream (vegan protein, soy milk, strawberries, banana)