

VEGETARIAN

(1300kcal - 1500kcal)

22th-28th December

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Vegeterian edamame with freekeh	Grilled portabello teriyaki with quinoa	Crispy potatoes	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Spanish tortilla	Paneer pomodoro with pasta	Red beans burger with sweet potato	Raspberry bars	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Mocha overnight oats	Grilled tofu with broccoli mashed potato	Grilled cheese eggplant with green salad	Seasoned cauliflower florets	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Egg burrito	Chinese style edamame rice noodles	Falafel salad	Lemon tart	Strawberry - beet (vegan protein, soya milk, strawberries, beetroot)
FRIDAY	Mango chia pudding	Spanish red beans healthy rice	Honey chilli nutrela with cous cous	Brownie	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	Egg muffins with brown bread	Mushroom spaghetti pasta	Vegetarian shawarma	Vegetarian sliders	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
SUNDAY	Green crepes	Chickpeas curry with bulgur	Lentil stew with mashed potato	Fruit parfait	Fragola Cream (vegan protein, soy milk, strawberries, banana)