

## VEGAN

20th-26th November

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Vegan oats pancakes with peanut butter sauce	Lentil stew with rice	Sautéed quinoa & edamame	Vegan chocolate cake	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Stuffed cauliflower paratha	Chilly mushroom with rice noodles	Grilled tofu poke bowl	Fruits cup	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Chocolate overnights oats	Red beans burgers with quinoa	Chickpeas cous cous salad	Mixed nuts	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Vegan vanilla waffles with peach sauce	Vegan Paella	Nutrela Tikka masala with grilled potato	Granola bar	Strawberry - beet (vegan protein, soya milk, strawberries, beetroot)
FRIDAY	Apple cinamon chia pudding	Tofu bolognese pasta	Chickpeas tahini salad with sweet potatoes	Vegan cake	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	Tofu omelette with bread	Moroccan white beans stew with rice	Mexican Vegan stuffed zucchini	Vegan cookies	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
SUNDAY	Banana - nuts protein chia pudding	Coconut Creamy mushroom with brown rice	Tofu tikka masala with potato	Protein balls	Fragola Cream (vegan protein, soy milk, strawberries, banana)