

VEGAN
(1300kcal - 1500kcal)

MAY 3RD -MAY 10TH

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chocolate banana overnight Oats	Healthy tofu pesto pasta	Mushroom gravy with mashed potatoes	Fruits cup	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Blueberries chia pudding	Healthy paneer Biryani	Vegan Eggplant parmigiana	Vegan cake	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Green crepes	Nutrela butter masala with couscous	Falafel wrap	Vegan cookies	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Scrambled tofu with bread	Peanut butter tofu noodles	Red kidney beans & corn poke bowl	Roasted nuts	Strawberry - beet (vegan protein, soya milk, strawberries, beetroot)
FRIDAY	Protein overnight oats chia pudding	Edamame quinoa "fried rice"	Quinoa beans burger with sweet potatoes & salad	Vegan muffins	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	Healthy pancakes	Lentil stew with rice	Stuffed portobello mushroom	Rice cake with - peanut butter	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
SUNDAY	Banana peanut butter oats porridge	Chili tofu noodles	Chickpeas salad	Protein balls	Fragola Cream (vegan protein, soy milk, strawberries, banana)