

# VEGETARIAN

9th-15th September

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Stuffed omelette	Peanut jackfruit noodles	Panner tikka with potatoes	Banana muffins	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Berries protein chia pudding	Mushroom risotto	Lentil patties with couscous salad	Fresh seasonal fruits	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	English Breakfast	Chili tofu with pasta	Vegetables cutlets with sweet potato and green salad	Lemon cake	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Chocolate & pistachio crepes	Triple beans salad	Stuffed zucchini boats	Peanut butter rice cake	Strawberry - beet (vegan protein, soya milk, strawberries, beetroot)
FRIDAY	Scrambled egg croissant	Edamame pomodoro pasta	Grilled halloumi with lentil salad	Ginger cookies	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	Green waffles with chocolate sauce	Eggs quinoa stir fry	Falafel wrap	Protein balls	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
SUNDAY	Spinach scrambled eggs with brown bread	Crusted Sesame tofu with grilled potatoes	Stuffed portobello mushroom	Protein granola bar	Fragola Cream (vegan protein, soy milk, strawberries, banana)