



ENERGY  
MEAL  
PLANS

VEGETARIAN  
(1300kcal - 1500kcal)

MAY 3RD -MAY 10TH

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chocolate banana overnight Oats	Healthy paneer pesto pasta	Mushroom gravy with mashed potatoes	Fruits cup	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Egg Frittata	Edamame quinoa "fried rice"	Eggplant parmigiana	Chocolate cake	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Green crepes	Nutrela butter masala with couscous	Falafel wrap	Strawberry cheesecake	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Cheese omlette with grilled veggies	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	Jackfruit biryani	Quinoa beans burger with sweet potatoes & salad	Blueberries Swiss roll	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	Mexican omelette	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)