



VEGAN
(1300kcal - 1500kcal)

14th - 20th April

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Berries baked oatmeal	Pesto pasta with tofu	Falafel with green salad & bulgur	Vegan cake	Summer Berry (raspberries, banana, soy milk)
TUESDAY	Tofu Omelette with ful medames	Red beans stew with rice	Jackfruit Thai curry with mashed potato	Vegan cookies	Banana Bliss (banana, oats, flax seeds, peanut butter, soy milk)
WEDNESDAY	Healthy banana pancakes	Nutrela chili with noodles	Chickpeas couscous salad	Peanut butter Nuts Bar	Tropical (mangoes, coconut, passion fruit, soy milk)
THURSDAY	Vegan burrito	Sauteed mushroom with lentil stew & rice	Beet- quinoa kebab	Roasted chickpeas	Strawberry Twist (soy milk, peanut butter, banana, strawberry)
FRIDAY	Berries - almonds chia pudding	Sesame edamame fried rice	Vegetarian patties with grilled sweet potato & salad	Berries granola bar	Chocolate Shake (chocolate, soy milk)
SATURDAY	Avocado wrap	Vegetable red sauce pasta	Grilled Tofu & corn salad	Tiramisu	Summer Berry (raspberries, banana, soy milk)
SUNDAY	Banana oats porridge	Nutrela with rice noodles	Jackfruit stew with mashed potatoes	Protein balls	Mango Banana (mango, banana, soy milk)