



ENERGY
MEAL
PLANS

VEGAN
(1300kcal - 1500kcal)

20th-26th april

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	English Breakfast	Peanut jackfruit rice noodles	Chickpeas tikka with potatoes	Nuts & dates	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Vegan cheese sandwich	Red kidney beans stew with brown rice	Quinoa risotto	Vegan Blueberry tart	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Berries protein chia pudding	Chili tofu with pasta	Vegetable cutlets with potato and green salad	Vegan muffin	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Scrambled tofu	Lentil wrap	Stuffed portobello mushroom	Vegan cookies	Strawberry - beet (vegan protein, soya milk, strawberries, beetroot)
FRIDAY	Vegan Tiramisu overnight oats	Thai edamame rice noodles	Grilled Jackfruits with mashed potato	Fruits cup	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	Full medames with flat bread	White kidney beans with rice	Quinoa hot salad	Protein balls	Green shake (vegan protein, banana, spinach)
SUNDAY	Vegan Green waffles with chocolate sauce	Crusted Sesame tofu with grilled tapioca	Stuffed zucchini boats	Roasted nuts	Fragola Cream (vegan protein, soy milk, strawberries, banana)