



# GREEN DIET

## VEGETARIAN

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>MONDAY</b>	Protein Vanilla Pancakes w/ Strawberries & Chocolate Glaze	Baked Crunchy Honey Soya Chunks w/ Mashed Potatoes	Pesto Chickpeas w/ Creamy Pesto Pasta & Olives	Peanut Butter & Chocolate Brownie	Beets, Carrots, Lemon, Apple
<b>TUESDAY</b>	Egg Shakshuka w/ Grilled Tomatoes & Chopped Parsley	Lentils Kebabs w/ Saffron Rice & Tzatziki Sauce	Italian Herb Edamame Salad w/ Black Beans, Sweetcorn & Truffle Vinaigrette	Marble Cake	Apple, Carrot & Orange
<b>WEDNESDAY</b>	Pesto Hummus Sandwich w/ Vegetables	Sweet & Sour Seitan w/ Sesame Rice	Paneer Tikka w/ Batata Bravas & Green Chutney	Peanut Chocolate Chip Bites	Strawberry Kiwi Mint Infused Water
<b>THURSDAY</b>	Mango & Coconut Overnight Oats	Tofu Chiptole Burger w/ Side Coleslaw	Teriyaki Edamame w/ Quonia & Green Onions on Top	Saffron Rice Pudding w/ Roasted Nuts	Orange, Carrot, Ginger, Lemon & Turmeric
<b>FRIDAY</b>	Jian Bing w/ Sweet Chili Sauce	Grilled Paneer w/ Red Sauce Spaghetti	Mixed Beans Florentine w/ Lemon Rice & Vermicelli	Banana Coconut Oat Cookies	Watermelon Juice
<b>SATURDAY</b>	Protein Berry Pancakes w/ Coconut Honey Glaze	Cheesy Seitan Quesadilla w/ Black Beans Salad & Tomato Salsa Dip	Tuscan Green Lentils w/ Oregano Sweet Potatoes & Black Sesame	Chocolate Swiss Roll	Fresh Orange Juice
<b>SUNDAY</b>	Spinach & Mushroom Rolled Omelette w/ Vegetables	Creamy Dijon Mustard Soya w/ Roasted Seasoned Potatoes & Vegetables	Tofu Stroganoff w/ White Rice & Vegetables	Chocolate Coated Almond Dates	Blueberry Cinammon Shake



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	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
MONDAY	Protein Vanilla Pancakes w/ Strawberries & Chocolate Glaze	Baked Crunchy Soya Chunks w/ Mashed Potatoes & Basil Tomato Mushroom Sauce	Pesto Chickpeas w/ Creamy Pesto Pasta & Olives	Vegan Chocolate Chip Cake	Beets, Carrots, Lemon, Apple
TUESDAY	Foul Madamas w/ Grilled Tomatoes & Chopped Parsley	Lentils Kebabs w/ Saffron Rice & Tzatziki Sauce	Italian Herb Edamame Salad w/ Black Beans, Sweetcorn & Truffle Vinaigrette	Vegan Marble Cake	Apple, Carrot & Ginger
WEDNESDAY	Pesto Hummus Vegan Wrap w/ Vegetables	Sweet & Sour Seitan w/ Sesame Rice	Tofu Tikka w/ Batata Bravas & Green Chutney	Vegan Coconut Peanut Chocolate Chip Bites	Strawberry Kiwi Mint Infused Water
THURSDAY	Mango & Coconut Overnight Oats	Mixed Bean Sweet Potato Chiptole Burger w/ Side Coleslaw	Teriyaki Edamame w/ Quonia & Green Onions on Top	Vegan Saffron Rice Pudding w/ Roasted Nuts	Carrot, Ginger, Lemon & Turmeric
FRIDAY	Scrambled Tofu w/ Sweet Chili Sauce	Crispy Pan-Seared Tofu w/ Red Sauce Spaghetti	Mixed Beans Florentine w/ Lemon Rice & Vermicelli	Vegan Banana Coconut Oat Cookies	Watermelon Juice
SATURDAY	Protein Berry Pancakes w/ Coconut, Berries Glaze	Cheesy Seitan Quesadilla w/ Black Beans Salad & Tomato Salsa Dip	Tuscan Green Lentils w/ Oregano Sweet Potatoes & Black Sesame	Vegan Strawberry Cake	Apple, Ginger, Pineapple & Celery
SUNDAY	Protein Waffles w/ Berries & Maple Syrup	Creamy Dijon Mustard Soya w/ Roasted Seasoned Potatoes & Vegetables	Tofu Stroganoff w/ White Rice & Vegetables	Vegan Chocolate Coated Almond Dates	Vegan Mango Smoothie