



GREEN DIET

VEGETARIAN

| | BREAKFAST | LUNCH | DINNER | SNACK | DRINK |
|------------------|--|---|--|--------------------------------------|--|
| MONDAY | 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 |
| TUESDAY | 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 |
| WEDNESDAY | 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 |
| THURSDAY | 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 |
| FRIDAY | 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 |
| SATURDAY | 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 |
| SUNDAY | 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 |