



Vegan Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Cinnamon Overnight Oats w/ Banana & Walnut	Tofu in Tomato Sauce w/ Saffron Rice & Raisins	Lentil & Cumin Carrot Salad w/ Quinoa & Mango Dressing on the Side	Chocolate Brownie	Beets, Carrots, Lemon, Ginger, Apple
Tuesday	Vegan BBQ Chickpea Wrap	Vegetarian Kofta w/ Fluffy Rice & Yogurt Dip	Soya Mince Casserole w/ Sweet Potatoes	Lemon Blueberry Muffin	Green apple, Cucumber, Spinach, Celery, Ginger
Wednesday	Lime Pancake w/ Coconut & Honey Glaze	Eye-Bean Vegetable Curry w/ Couscous & Toasted Cashew	Teriyaki Seitan w/ Brown Lentil Salad	Raisin Orange Cake	Cucumber, Lemon, Apple
Thursday	Pesto Mash Bean Sandwich	Lentil & Spinach Stew w/ Roasted Herb Potatoes	Paneer Fajita Plater w/ Mixed Bean, Corn & Tomato Salsa	Chocolate Chip Chocolate Cake	Carrot, Orange, Ginger, Lemon & Turmeric
Friday	Blueberry Chia Seed Pudding w/ Peanut Butter	Mongolian Soya Noodles w/ Sesame Seeds	Chickpea Stew w/ Fenugreek Rice	Apple & Berry Muffin	Watermelon & Apple Juice
Saturday	Scrambled Tofu w/ Olive & Sun-Dried Tomato	Spanish-Style Edamame Paella w/ Peas & Carrot	Pan Seared Mushroom Beans w/ Mashed Potatoes	Carrot Cake	Orange, Carrot & Ginger
Sunday	Chocolate Crepe w/ Blueberry Glaze	Herb-Grilled Seitan w/ Roasted Potatoes & Mustard Sauce	Classic Chickpea Burger w/ BBQ Dip	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery