



Vegan Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Sunday	Chocolate Raspberry Protein Oatmeal	Tofu Katsu Curry with Mixed Veggies & Rice	Veggie Black Bean Taco Bowl	Vegan Chocolate Brownie	Orange, Carrot & Ginger
Monday	Vegan Nutty Banana Protein Pancakes with Nuts	Three Bean Vegetable Skillet with Roast Potatoes & Mushroom Sauce	Chipotle Tofu with Lemon Rice & Grilled Baby Marrow	Vegan Vanilla Cake	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger & Parsley
Tuesday	Tofu Scramble with Sauteed Veggies	Chickpea Stew with Biryani Rice & Mix Veggies	Middle-Eastern Falafel Couscous Bowl	Vegan Raspberry Cheesecake	Lemon & Mint
Wednesday	Vegan Chocolate Protein Overnight Oats with Nuts	Caramelized Eggplant with Mashed Potatoes & Mixed Vegetables	Baked Caribbean Cannellini Beans with Mixed Veg & Quinoa Salad	Vegan Pineapple Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit & Cayenne
Thursday	Chickpea Omlette with Mint Sauce	Tofu Cacciatore with Rice & Mixed vegetable	Mushroom & Mix Pepper Skillet with Brown Spaghetti	Vegan Red Velvet Cake	Pineapple, Apple, Lemon & Mint
Friday	Avocado Hummus Sandwich	Zucchini Parmesan	Beetroot Pasta Salad with Vegan Cheese	Vegan Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
Saturday	Vegan Mango Protein Chia Seed Pudding	Veggie Caprese Quinoa Bake	Citrus Broad Bean Salad	Vegan Blueberry Muffin	Carrot, Apple, Ginger, Turmeric and Lemon