



# Vegan Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Sunday</b>	Vegan Protein Overnight Oats with Strawberries	Mix Vegetable Coconut Stew with Rice	Soya Bean Buddha Bowl with Broccoli, Pumpkin & Sesame Sauce	Vegan Chocolate Brownie	Orange, Carrot & Ginger
<b>Monday</b>	Berry Protein Pancakes with Nuts & Honey	Honey Garlic Tofu with Mix Vegetables & Brown Spaghetti	Vegetarian Fajita Bowl with Chickpeas, Salsa & Avocado	Hummus with Carrots	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger & Parsley
<b>Tuesday</b>	Mix Fruit Chia Seed Pudding	Mixed Lentil, Butternut Squash & Spinach Stew with Veggies & Rice	Middle-Eastern Falafel Bowl	Vegan Raspberry Cheesecake	Lemon & Mint
<b>Wednesday</b>	Vegan Pomegranate Protein Overnight Oats	Caribbean Tofu Stew with Carrots, Cauliflower & Rice	Edamame Greek Pasta Salad	Vegan Pineapple Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit & Cayenne
<b>Thursday</b>	Chickpea Omlette with Mint Sauce	Mixed Bean Vegetarian Enchiladas	Tofu Cashew Stir-fry with Red Peppers, Mushrooms & Quinoa Salad	Vegan Red Velvet Cake	Pineapple, Apple, Lemon & Mint
<b>Friday</b>	Vegan Protein Waffles with Peanut Butter	Avocado & Mixed Vegetable Panini with Vegan Cheese	Pizza Stuffed Peppers	Vegan Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
<b>Saturday</b>	Apple Protein Chia Seed Pudding	Mix Vegetable Tofu Schezuan Fried Rice	Ratatouille with Pita Bread	Sweet Potato Chips with Peanut Sauce	Carrot, Apple, Ginger, Turmeric and Lemon