



Vegetarian Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Sunday	Egg, Vegetable & Cheese Sandwich	Supreme Cottage Cheese with Rice, Mushrooms & Peppers	Zuchinni & Vegetable Strata	Chocolate Brownie	Orange, Carrot & Ginger
Monday	Nutty Protein Pancakes with Honey	Butternut Squash Lentil Curry with Rice	Baked Caribbean Tofu with Couscous Salad & Broccoli	Vanilla Muffin	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger & Parsley
Tuesday	Mango & Pear Protein Chia Seed Pudding	Chickpea & Avocado Greek Salad	Middle-Eastern Falafel Bowl	Raspberry Cheesecake	Lemon & Mint
Wednesday	Berry Overnight Oats with Nuts	Caramelized Eggplant with Mashed Potatoes & Green Beans	Mixed Bean Tarragon with Mix Vegetable Rice	Pineapple Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit & Cayenne
Thursday	Mushroom, Spinach & Bell Pepper Omlette with Cheese	Honey Soy-Glazed Cottage Cheese with Sphaghetti & Vegetables	Sweet Potato & Mix Vegetable Quinoa Salad	Red Velvet Cake	Pineapple, Apple, Lemon & Mint
Friday	Pomogranate Protein Granola Bowl	Chilli Lemon Tofu with Roast Potatoes & Broccoli	Kidney Bean Parmesan stuffed Zucchini Boats	Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
Saturday	Almond Protein Chia Seed with Mix Fruits	Cajun Chickpeas with Beetroot Salad	Vegetable Guacamole Wholewheat Wrap	Blueberry Muffin	Carrot, Apple, Ginger, Turmeric & Lemon