



# Vegetarian Diet Weekly Menu

Custom Calories

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