



Vegetarian Diet Weekly Menu

Custom Calories

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