



# Vegan Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Monday</b>	Chickpea Omlette w/ mint sauce	Cottage Cheese Katsu Curry w/ Mixed Veggies & Rice	Veggie Shepherd's Pie	Vegan Chocolate Brownie	Orange, Carrot & Ginger
<b>Tuesday</b>	Chocolate Protein Pancakes w/ Nuts	Southwest Chickpea Bowl w/ Green Lentil Salad	Roasted Eggplant & Veggie Stew w/ couscous salad	Vegan Vanilla Cake	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger and Parsley
<b>Wednesday</b>	Mixed Fruit Protein Chia Seed Pudding (DF)	Soya Bean w/ Quinoa, Cabbage Carrot Salad & peanut dressing	Mixed Bean Stew w/ lemon rice & broccoli	Vegan Blueberry Cheesecake	Lemon & Mint
<b>Thursday</b>	Strawberry Vanilla Protein Overnight Oats (DF)	Sweet Potato & White Bean Casserole w/ Rice & Mixed Vegetables	Edamame Fattoush Salad	Vegan Banana Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit and Cayenne
<b>Friday</b>	Vegan Mixed Bean Breakfast Bowl w/ sliced avocados	Tomato Paprika Cottage Cheese w/ carrots & quinoa salad	Kidney Bean Vegetarian Enchiladas	Vegan Red Velvet Cake	Pineapple, Apple, Lemon & Mint
<b>Saturday</b>	Vegan Protein Waffles w/ & peanut butter (GF)	Ratatouille w/ brown pita bread	Green Gram Salad w/ vegan cheese & Pomogranate	Vegan Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
<b>Sunday</b>	Cinnamon Pear Chia Seed Pudding with Almonds (DF)	Tofu Fried Rice w/ Mixed Peppers & Green Beans	Mixed Bean Taco Bowl w/ corn salsa & black eyed beans	Vegan Blueberry Muffin	Carrot, Apple, Ginger, Turmeric & Lemon