



Vegan Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Vegan Waffles w/ Strawberry Syrup	Tuscan Tofu w/ Mixed Beans & Corn	Pomegranate Chickpea & Quinoa Salad w/ Honey Balsamic Vinaigrette Dressing	Chocolate Brownie	Beets, Carrots, Lemon, Ginger, Apple
Tuesday	Blueberry Banana Chia Seed Pudding w/ Peanut Butter	Lentil Kabsa Rice w/ Tomato Sauce	Spaghetti Soya-Meatballs w/ Cheese	Raspberry Muffin	Apple, Ginger, Lemon & Celery
Wednesday	Tropical Protein Overnight Oats w/ Nuts	Citrus Seitan w/ Baked Sweet Potatoes & Creamy Oregano-Thyme Sauce	Mexican Couscous w/ Lentils	Carrot Cake	Cucumber, Lemon, Apple
Thursday	Hummus w/ Carrot Cucumber Fingers	Green Thai Tofu Curry w/ Coconut Rice	Chickpea w/ Roasted Potatoes & Lemon-Mustard Sauce	Almond & Dark Chocolate Cake	Orange, Carrot & Ginger
Friday	Vegan Protein Crepe w/ Apple Cinnamon Cyrup	Mixed Bean w/ Saffron Rice & Sauce	Spinach & Soya Stew w/ Mashed Potatoes	Red Velvet Muffin	Watermelon & Apple Juice
Saturday	Sweet and Spicy Cucumber Salad w/ Sweet Potatoes & Raisins	Creamy Edamame Pasta w/ Veggies	Tofu Taco Bowl w/ Couscous, Corn & Avocado Salsa	Chocolate Peanut Butter Energy Balls	Orange, Lemon, Ginger & Mint
Sunday	Mashed Chickpea Veggie Sandwich	Lemon & Herb Seitan w/ Roatsed Potatoes & Tartare Sauce	Mixed Bean Zuchinni Boats	Lemon Cookies	Pineapple, Apple, Lemon & Mint