



# Vegan Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Monday</b>	Chickpea Omelette w/ Mint Sauce	Tofu Cacciatore w/ Mix Vegetables & rice	Vegetable Strata w/ Grilled carrots & quinoa salad	Vegan Chocolate Brownie	Orange, Carrot & Ginger
<b>Tuesday</b>	Vegan Blueberry Protein Pancakes w/ nuts	Eggplant Teriyaki w/ Mash Potatoes & Mix vegetables	Chickpea, Sweet Potato & Lentil Casserole	Vegan Blueberry Muffin	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger and Parsley
<b>Wednesday</b>	Vegan Mix Fruit Protein Chia Seed Pudding	Mongolian Soya Bean w/ Baby Marrow, Peppers & Quinoa	Mixed Bean Ragu w/ mix veg & lemon rice	Vegan Raspberry Cheesecake	Lemon & Mint
<b>Thursday</b>	Vegan Strawberry Almond Protein Overnight Oats	Tofu Stronganoff w/ rice & mix vegetables	Broad Bean Fattoush Salad	Vegan Pineapple Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit and Cayenne
<b>Friday</b>	Vegan Waffles w/ peanut butter & strawberries	Middle-Eastern Falafel Bowl Salad	Tofu Tikka w/ black eyed beans & veg salad	Vegan Red Velvet Cake	Pineapple, Apple, Lemon & Mint
<b>Saturday</b>	Apple Cinnamon Protein Granola Bowl	Stuffed Mushrooms w/ vegetable fried rice	Mixed Bean stuffed Zucchini Boats w/ Vegan cheese	Vegan Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
<b>Sunday</b>	Vegan Protein Overnight Oats w/ fruits & almonds	Tofu Vegetable Paella	Chickpea & Vegetable Wholewheat Wrap	Sweet Potato Chips w/ peanut sauce	Carrot, Apple, Ginger, Turmeric & Lemon