



Vegan Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Protein Oats w/ Peanut Butter And Banana	Lentil w/ Penne Pasta & Spinach Green Pea Sauce	Sweet And Sour Tofu w/ Roasted Potatoes	Vegan Chocolate Muffin	Beets, Carrots, Lemon, Ginger, Apple
Tuesday	Protein Crepe w/ Walnuts & Starwberry Syrup	Coconut Chickpea Stew w/ Quinoa	Soya Kebabs w/ Mixed Beans & Corn	Vegan Raspberry Vanilla Muffin	Apple, Ginger, Lemon & Celery
Wednesday	Mediterrian Chickpea Salad w/ Feta Cheese & Raspberry Vinaigratte Dressing	Thai Seitan w/ Couscous Salad	Mexican Fried Rice w/ Lentils	Vegan Nutty Carrot Cake	Lemon, Cucumber & Mint Infused Water
Thursday	Tropical Overnight Oats w/ Almonds	Braised Beans w/ Roasted Sweet Potatoes & Honey Mustard Sauce	Mandi Tofu w/ Saffiron Rice & Tomato Sauce	Vegan Chocolate Marble Cake	Orange, Lemon, Ginger & Mint
Friday	Cheesy Omelette w/ Toasted Bread	Soya Kofta & Tahini Bake w/ Roasted Potatoes	Lentil Casserole w/ Quinoa & Cheese	Vegan Chocolate Banana Muffin	Watermelon Mint Juice
Saturday	Protein Waffles w/ Berries & Yogurt	Edamame Saganaki w/ Mashed Potatoes	Chipotle Bowl w/ Mixed Beans & Healthy Ranch Sauce	Protein Energy Balls	Orange, Carrot & Ginger
Sunday	Chicken Pesto Sandwich	Seitan w/ Rice & Sweet Ginger Garlic Sauce	Tofu Chow Mein	Vegan Chocolate Swiss Roll	Pineapple, Apple, Lemon & Mint