



# Vegetarian Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Monday</b>	Egg Shakshuka w/ sauteed peppers, cheese & bread	Cottage Cheese Katsu Curry w/ Mixed Veggies & Rice	Veggie Shepherd's Pie	Chocolate Brownie	Orange, Carrot & Ginger
<b>Tuesday</b>	Chocolate Protein Pancakes w/ Nuts & Honey	Southwest Chickpea Bowl w/ Green Lentil Salad	Roasted Eggplant & Veggie Stew w/ couscous salad	Blueberry Muffin	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger and Parsley
<b>Wednesday</b>	Mixed Fruit Protein Chia Seed Pudding	Soya Bean w/ Quinoa, Cabbage Carrot Salad & peanut dressing	Mixed Bean Stew w/ lemon rice & broccoli	Raspberry Cheesecake	Lemon & Mint
<b>Thursday</b>	Strawberry Vanilla Protein Overnight Oats	Sweet Potato & White Bean Casserole w/ Rice & Mixed Vegetables	Edamame Fattoush Salad	Fruit Salad w/ yogurt	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit and Cayenne
<b>Friday</b>	Spinach Omlette w/ Cheese and Bell Peppers	Tomato Paprika Cottage Cheese w/ carrots & quinoa salad	Kidney Bean Vegetarian Enchiladas	Watermelon Slices w/ feta	Pineapple, Apple, Lemon & Mint
<b>Saturday</b>	Protein Granola Bowl w/ fruits	Ratatouille w/ brown pita bread	Green Gram Salad w/ Feta & Pomogranate	Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
<b>Sunday</b>	Cinnamon Pear Chia Seed Pudding with Almonds	Tofu Fried Rice w/ Mixed Peppers & Green Beans	Mixed Bean Taco Bowl w/ corn salsa & black eyed beans	Sweet Potato Chips w/ tzatziki sauce	Carrot, Apple, Ginger, Turmeric & Lemon