



# Vegetarian Diet Weekly Menu

Custom Calories

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