

VEGAN PLAN



Week 2 June 2021

Days	Breakfast		Lunch		Dinner		Am Snack	Pm Snack
	Option 1	Option 2	Option 1	Option 2	Option 1	Option 2		
Sunday	COCONUT, MANGO AND TURMERIC OATMEAL WITH PROTEIN POWDER IN ALMOND MILK (N) + FENUGREEK SEED DETOX WATER	SAVOURY VEGETABLE RICE PORRIDGE (PONGAL) + TOMATO CHUTNEY + PROTEIN SHAKE	PASTA IN MARINARA SAUCE WITH VEGETABLES (G)	TOFU TIKKA MASALA (SY) + SPICED VEGETABLE RICE (PULAO) + KACHUMBER SALAD	SAVOURY BROKEN WHEAT PORRIDGE (KHICHDI) + LEMON PICKLE	VEGAN MEAT BALLS IN RED SAUCE (D) + ZOODLES	APPLE AND OATMEAL CAKE SLICE E: 90 KCALS, CHO: 14 GMS, P: 3 GMS, F: 3 GMS	SEASONED EDAMAME E: 50 KCALS, CHO: 4 GMS, P: 5 GMS, F: 2 GMS
Monday	BANANA AND BERRY SMOOTHIE BOWL WITH PROTEIN POWDER IN ALMOND MILK (N) + LEMON DETOX WATER	MIXED VEGETABLE CREPE (UTTAPAM) + TOMATO CHUTNEY + LEMON DETOX WATER	CHIPOTLE VEGETABLE STEW + BROWN RICE	SPICED CHICKPEA CURRY (CHOLE) + CUMIN RICE (ZEERA RICE) + OKRA MASALA (BHINDI) + SALAD	VEGETABLE SAUCY RAMEN NOODLES (G)	INDIAN-STYLE SPINACH AND TOFU VEGETABLE + MULTIGRAIN FLATBREAD (ROTI) + SPICED LENTIL SOUP + SALAD	PINEAPPLE WITH SUNFLOWER SEEDS	PROTEIN SHAKE IN ALMOND MILK (N)
Tuesday	GRANOLA AND FRUIT PARFAIT (D, O) + CINNAMON DETOX WATER	VEGAN FRENCH TOAST (G) + CORIANDER CHUTNEY (P) + CINNAMON DETOX WATER	VEGAN JAMBALAYA	INDIAN-STYLE SPICED TOFU WRAP (G, SY) (KATHI ROLL) + CHUTNEY + SALAD	BUFFALO CHICKPEA SALAD WRAP (G)	BOTTLE GOURD DUMPLINGS CURRY (KOFTA) + QUINOA + SPROUT SALAD	FRUIT BOWL	MIXED NUT CHOCOLATE (N)
Wednesday	FOUL MEDAMES + ARABIC BREAD (G) + CUMIN DETOX WATER	CARROT CAKE BAKED OATMEAL (O, D) + CUMIN DETOX WATER	SPICY BEANS AND CORN QUINOA BOWL (S) E: 387 KCALS, CHO: 35 GMS, P: 28 GMS, F: 15 GMS	KIDNEY BEANS MILLET BURGER (G, D) + GREEK SALAD E: 360 KCALS, CHO: 40 GMS, P: 15 GMS, F: 15 GMS	VEGAN BAKED KAFTA WITH EGGPLANT AND TOMATO SAUCE (SY) + ROASTED BELL PEPPER COUSCOUS SALAD (G) E: 377 KCALS, CHO: 39 GMS, P: 21 GMS, F: 15 GMS	BELL PEPPER STUFFED WITH TOFU AND VEGETABLES (SY) + ROASTED GREEN BEANS AND BABY POTATOES	SEASONED POPCORN	HUMMUS DIPPERS (SS)

Thursday	BANANA AND OATMEAL PANCAKE WITH PROTEIN POWDER (O, N) + FRUIT BOWL	FLATBREAD STUFFED WITH MIXED VEGETABLE (PARATHA) + MINT CHUTNEY + FRUIT BOWL	VEG THAI YELLOW CURRY (N, SY) + PAD THAI NOODLES	GLUTEN-FREE FLATBREAD (ROTI) + EGGPLANT STUFFED WITH SPICES + MIXED LENTIL SOUP (MIXED DAL)	QUINOA BASE PIZZA WITH PESTO AND SOYA (N, SY) + ROASTED CHERRY TOMATOES	BRAZILIAN BEANS STEW + BROWN RICE	WATERMELON WITH CHIA SEEDS	ROASTED CHICKPEA
Saturday	VEGAN BUCKWHEAT CREPE WITH BANANA AND STRAWBERRY (N) + SUGAR-FREE MAPLE SYRUP + PROTEIN SHAKE IN ALMOND MILK (N)	BEAN SPROUTS AND HUMMUS WRAP + PROTEIN SHAKE IN ALMOND MILK (N)	VEGAN MUSHROOM STROGANOFF WITH PASTA (G)	KERALA-STYLE SOYA MASALA + MULTIGRAIN FLATBREAD (ROTI) + SALAD	VEGETABLE SUB	INDIAN-STYLE SPIECED TARO (MASALA ARBI) + MILLET ROTI + MOONG DAL + SALAD	NO-BAKE BROWNIE BITES (N)	BEETROOT MOUTABAL WITH PITA CRACKERS (SS, G)
Allergy: Peanuts = P, Oats = O, Gluten = G, Shellfish = S, Dairy = D, Treenut = N, Sesame seeds = Ss, Egg = E, Soya = Sy, Fish = F, Mustard = M, Celery = C								