



GREEN DIET

VEGETARIAN

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
MONDAY	Savoury Breakfast Cake	Chickpeas w/ Tomato Couscous Tahina	Tofu Tikka w/ Roasted Potato & Tzatziki Sauce	Chocolate Brownie	Beetroot, Carrot, Lemon, Ginger & Apple
TUESDAY	Coconut Mango Chia Seed Pudding w/ Nuts	Mixed Bean Curry w/ Coconut Rice	Cajun Edamame Corn Salad w/ Peanut Sauce	Cinnamon Nut Muffin	Green Apple, Cucumber, Spinach, Celery & Ginger
WEDNESDAY	VMeals Broccoli Bites w/ Egg Omelete	Chickpea & Green Pea Curry w/ Saffron Rice & Spinach	BBQ Seitan w/ Herbs Quinoa	Raisin Orange Muffin	Cucumber, Lemon & Apple
THURSDAY	Mixed Berries Overnight Oats w/ Peanut Butter	Crispy Tofu w/ Corn Bean Salad & Lentil Soup	Mushroom Baked Pesto Pasta w/ Minced Soya	Chocolate Chip Cake	Carrot, Orange, Ginger, Lemon & Turmeric
FRIDAY	Scrambled Egg w/ Tomato & Cheese	Lentil Stew w/ Lemon Rice	Paneer Green Thai Curry w/ Sweet Potatoes & Nuts	Lemon Muffin	Watermelon & Apple
SATURDAY	Blueberry Protein Crepes w/ Honey Coconuts Glaze	Coconut Edamame w/ Couscous	Tofu Sweet Potato Bowl w/ Tahini Sauce	Chocolate Swiss Roll	Orange, Carrot & Ginger
SUNDAY	Beans Frittata	Chinese Style Stir Fry Seitan w/ Chickpea & Rice	Creamy Vegetarian Mushroom Stroganoff w/ Pasta	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery



GREEN DIET

VEGAN

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
MONDAY	Strawberry Cinnamon Overnight Oats w/ Peanut Butter (DF)	Chickpeas w/ Tomato Couscous Tahina	Tofu Tikka w/ Roasted Potato & Tzatziki Sauce	Chocolate Brownie	Beetroot, Carrot, Lemon, Ginger & Apple
TUESDAY	Coconut Mango Chia Seed Pudding w/ Nuts (DF)	Mixed Bean Curry w/ Coconut Rice	Cajun Edamame Corn Salad w/ Peanut Sauce	Cinnamon Nut Muffin	Green Apple, Cucumber, Spinach, Celery & Ginger
WEDNESDAY	VMeals Broccoli Bites w/ Scramble Tofu (DF)	Chickpea & Green Pea Curry w/ Saffron Rice & Spinach	BBQ Seitan w/ Herbs Quinoa	Raisin Orange Muffin	Cucumber, Lemon & Apple
THURSDAY	Vegan Banana Pancake w/ Peanut Butter Glaze	Crispy Tofu w/ Corn Bean Salad & Lentil Soup	Mushroom Baked Pesto Pasta w/ Minced Soya	Chocolate Chip Cake	Carrot, Orange, Ginger, Lemon & Turmeric
FRIDAY	Mexican Bean Wrap w/ Avocado Dip	Lentil Stew w/ Lemon Rice	Tofu Green Thai Curry w/ Sweet Potatoes & Nuts	Lemon Muffin	Watermelon & Apple
SATURDAY	Vegan Blueberry Protein Crepes w/ Coconuts Glaze	Coconut Edamame w/ Couscous	Tofu Sweet Potato Bowl w/ Tahini Sauce	Chocolate Muffin	Orange, Carrot & Ginger
SUNDAY	Mixed Berries Overnight Oats w/ Peanut Butter (DF)	Chinese Style Stir Fry Seitan w/ Chickpea & Rice	Creamy Vegetarian Mushroom Stroganoff w/ Pasta	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery