

Meal planner: Vegan

Enjoy
Food

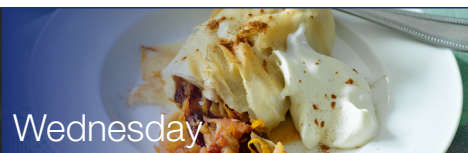
Monday



Tuesday



Wednesday



Thursday



Breakfast	Apricot porridge with toasted seeds 🌱 + 1 medium banana (100g) — 305Kcal 53.9Carbs(g) 1.5F&V	30g fortified bran flakes, 200ml unsweetened soya/nut milk + 80g blueberries — 203Kcal 32.1Carbs(g) 1F&V	Avocado and tomato on toast: 2 slices wholemeal toast, 1 small avocado + 1 tomato — 400Kcal 35Carbs(g) 2F&V	Apricot porridge with toasted seeds 🌱 + 1 medium banana (100g) — 305Kcal 53.9Carbs(g) 1.5F&V
Snack	125g plain, unsweetened soya yogurt + 80g mango — 137Kcal 23Carbs(g) 1F&V	2 oatcakes + 2 heaped tsp almond butter (20g) — 270Kcal 20.4Carbs(g) 0F&V	15g pumpkin seeds + 15g raisins — 132Kcal 12Carbs(g) 0.5F&V	15g Brazil nuts — 105Kcal 0.5Carbs(g) 0F&V
Lunch	Chilli bean soup with avocado salsa 🌱 — 197Kcal 19.1Carbs(g) 3F&V	Tofu goujons , 🌱 mixed salad + 1 tbsp dressing — 351Kcal 19.1Carbs(g) 1.5F&V	Kale and green lentil soup 🌱 + 1 small wholemeal roll (50g) — 308Kcal 46.9Carbs(g) 3.5F&V	Tomato, olive, asparagus and bean salad 🌱 — 140Kcal 14.3Carbs(g) 2F&V
Snack	1 medium apple (85g) — 49Kcal 11.3Carbs(g) 1F&V	Spiced apple and raisin muesli bar 🌱 — 83Kcal 14.8Carbs(g) 0F&V	125g plain, unsweetened soya yogurt + 50g canned pineapple in juice — 90Kcal 9.4Carbs(g) 0.5F&V	2 oatcakes + 2 heaped tsp almond butter (20g) — 270Kcal 20.4Carbs(g) 0F&V
Dinner	Andean-style quinoa 🌱 — 451Kcal 54.2Carbs(g) 2F&V	Mixed vegetable and bean curry 🌱 — 525Kcal 40.4Carbs(g) 2F&V	Quinoa stuffed butternut squash 🌱 — 310Kcal 45.6Carbs(g) 4F&V	Smoky tofu kebabs 🌱 + roasted tomato and pepper bulgar wheat salad 🌱 — 472Kcal 35.6Carbs(g) 3F&V
Pudding	Mini summer pudding 🌱 + 2 tbsp plain, unsweetened soya yogurt (50g) — 265Kcal 48Carbs(g) 1F&V	Barbecued fruit 🌱 — 72Kcal 16.3Carbs(g) 1.5F&V	Apple strudel 🌱 + 2 tbsp plain, unsweetened soya yogurt — 136Kcal 26.9Carbs(g) 0F&V	Banana custard: 200ml unsweetened nut milk, vegan custard powder, calorie-free sweetener + 1 medium banana (100g) — 233Kcal 41.1Carbs(g) 1F&V
Snack	20g almonds — 112Kcal 2.1Carbs(g) 0F&V	125g plain, unsweetened soya yogurt + 1 kiwi fruit (55g) — 124Kcal 18Carbs(g) 0.5F&V	2 oatcakes + 30g vegan soft cheese — 230Kcal 24Carbs(g) 0F&V	125g plain, unsweetened soya yogurt + 1 kiwi fruit (55g) — 124Kcal 18Carbs(g) 0.5F&V
Milk	250ml unsweetened nut/soya milk — 84Kcal 0.8Carbs(g) 0F&V	200ml unsweetened nut/soya milk — 68Kcal 0.2Carbs(g) 0F&V	200ml unsweetened nut/soya milk — 68Kcal 0.2Carbs(g) 0F&V	200ml unsweetened nut/soya milk — 68Kcal 0.2Carbs(g) 0F&V
Totals	1600Kcal 212.4Carbs(g) 9.5F&V	1696Kcal 161.3Carbs(g) 7F&V	1674Kcal 198Carbs(g) 10.5F&V	1717Kcal 184Carbs(g) 8F&V

