

VEGAN



# 1 WEEK MEAL IDEAS

MONDAY

Protein Pancake



Bean Callalo



Oats & Fruit



TUESDAY

Overnight oats with fruits



Vegan Wrap



Cornmeal Porridge



WEDNESDAY

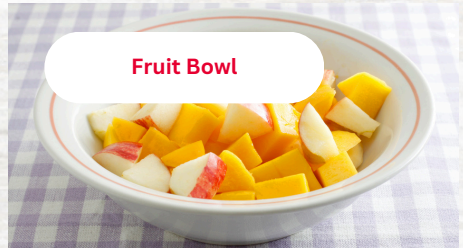
Chickpea Omlette



Lentil soup



Fruit Bowl



THURSDAY

Scrambled Tofu & Whole Grain Toast



Quinoa & Bean Salad



Wholegrain Crackers with Fruit Jelly (Homemade)



FRIDAY

Power Greens Smoothie



Tofu Greek Salad



Protein Shake



SATURDAY

Quinoa Porridge



Split Peas Soup



Oatmeal Cookies



SUNDAY

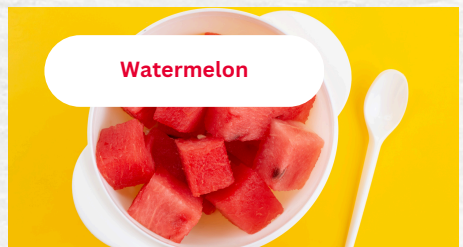
High Protein Granola



Bean Burger



Watermelon



# 1 WEEK MEAL IDEAS

MONDAY

Green Banana & Boiled Fish



Baked Chicken, Rice & Veggies



Oats & Fruit

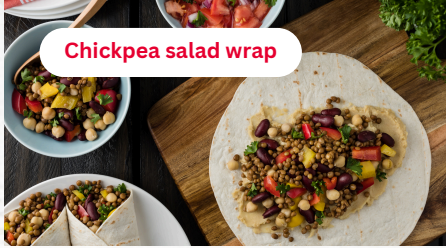


TUESDAY

Overnight oats with fruits



Chickpea salad wrap



Grilled chicken with sweet potato



WEDNESDAY

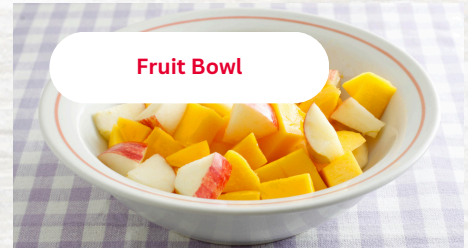
Spinach Omlette With Veggies



Lentil soup



Fruit Bowl



THURSDAY

Egg & Avocado Toast



Quinoa and black bean bowl



Wholegrain Cookies with Homemade Fruit Jelly



FRIDAY

Green smoothie



Greek salad with grilled chicken



Protein Smoothie



SATURDAY

Vegetable scramble



Chicken Pasta



Oatmeal Cookies



SUNDAY

Granola Cereal (Protein)



Grilled Tuna Sandwich



Watermelon Bowl

