



## Vegan Meal Plan

|           | Breakfast                                                                               | Snack 1                       | Lunch                                                                                                                                   | Snack 2                            | Dinner                                                                                                                     | Snack 3                                                                 | Activity                    |
|-----------|-----------------------------------------------------------------------------------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------|
| Monday    | Tomatoes, smashed avocado, wilted spinach, 2 small slices seedy wholemeal bread         | Pineapple                     | Jacket sweet potato, mixed salad leaves, cucumber, tomatoes, beetroot, vegan meat slices, <b>houmous</b>                                | <b>Nut and seed selection</b>      | Sweet potato, carrot and butternut squash mash, peas, <b>vegan sausages, gravy</b>                                         | <b>Vegan chocolate</b>                                                  | <b>Brisk walk 30 mins</b>   |
| Tuesday   | Mixed berries, oats, low fat dairy free yogurt                                          | <b>Salted popcorn</b>         | Spinach, avocado, tomatoes, cucumber, vegan meat slice, wholemeal pitta, <b>vegan mayonnaise</b>                                        | Pineapple                          | Mange tout, baby corn, broccoli, spinach, wholewheat noodles, <b>vegan chicken pieces, soy sauce</b>                       | <b>Dairy free ice cream</b>                                             | <b>Dance class 60 mins</b>  |
| Wednesday | Apple, pear, low fat dairy free yogurt, sprinkle of cinnamon, <b>granola</b>            | 2 satsumas                    | Mange tout, baby corn, broccoli, spinach, wholewheat noodles, <b>vegan chicken pieces, soy sauce</b>                                    | <b>Raw vegan fruit and nut bar</b> | Roasted courgette, peppers, red onion, aubergine, chopped tomatoes, passata spaghetti, <b>vegan mince, chilli flakes</b>   | <b>Vegan dessert pot</b>                                                | <b>Yoga 45 mins</b>         |
| Thursday  | Spinach, apple, pineapple smoothie, 2 small slices seedy wholemeal toast and marmite    | Apple                         | Roasted courgette, peppers, red onion, aubergine, chopped tomatoes, passata spaghetti, <b>vegan mince, chilli flakes</b>                | Carrot sticks, <b>houmous</b>      | Sweet potato, carrot and butternut squash fries, peas, tomatoes <b>vegan burger, wholemeal roll, ketchup, vegan cheese</b> | <b>Vegan chocolate</b>                                                  | <b>Spin 30 mins</b>         |
| Friday    | Mushrooms, red onion, spinach, <b>vegan sausages, wholemeal roll, dairy free butter</b> | Carrot sticks, <b>houmous</b> | Sweet potato falafel, pickled salad, mixed salad leaves, tomatoes, beetroot, cucumber, <b>wholemeal pitta, fat free salad dressing,</b> | Pear                               | Crispy kale, spinach, mushrooms, sweetcorn, <b>peas, vegan chicken pieces, rice, curry sauce</b>                           | <b>Dairy free ice cream</b>                                             | <b>Relaxed swim 30 mins</b> |
| Saturday  | Mushrooms, spinach, tomatoes, beans, <b>scrambled tofu, vegan sausages, hash brown</b>  | 2 satsumas                    | Sweet potato falafels, pickled salad, mixed salad leaves, tomatoes, cucumber, <b>couscous, houmous</b>                                  | Crispy kale                        | <b>Meal in a restaurant/takeaway, dessert and/or alcohol (use leftover happy cals plus activity calories)</b>              |                                                                         | <b>Brisk walk 30 mins</b>   |
| Sunday    | Mixed berries, banana, oat pancakes, <b>maple syrup</b>                                 | Pear                          | Potatoes, carrots, broccoli, cauliflower, cabbage, peas, <b>sweetcorn, roast meat substitute, vegan stuffing ball, gravy</b>            | <b>Salted popcorn</b>              | Roasted peppers, tomatoes, mushrooms, red onion, spinach, passata <b>wholemeal wrap (as pizza base) vegan cheese</b>       | <b>Mixed berries, low fat dairy free yogurt, vegan sugar free jelly</b> | <b>Rest day</b>             |