

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<u>Brekkie Bowl (1)</u> 1/4 cup quinoa 1/4 avocado 1/4 cup mushrooms 1/4 cup spinach 1 tsp. chia seeds 1 tbspp. nutritional yeast	<u>Green Shake</u> 150mL unsweetened almond milk (fortified with calcium and B12) 1/2 banana 1 tbspp. rolled oats 1/4 avocado 1/4 cup spinach	<u>Brekkie Bowl (2)</u> 1/4 cup brown rice 1/4 cup kidney beans 1 small tomato 1/4 avocado	<u>Chia Pudding</u> 4 tsp. chia seeds 150mL unsweetened almond milk (fortified with calcium and B12) 1/2 cup blueberries and strawberries 1 pinch cinnamon	<u>Nutty Toast</u> 1 slice wholemeal bread 2 tsp. peanut butter 1/2 small banana 1 tsp. sunflower seeds	<u>Oats with a twist</u> 25g rolled oats 150mL unsweetened almond milk (fortified with calcium and B12) 2 tsp. tahini 1/4 cup blueberries 1 drizzle honey	<u>Overnight oats</u> 25g rolled oats 150mL unsweetened almond milk (fortified with calcium and B12) 1/2 small banana 1 tsp. chia seeds 1 tsp. flaxseed
Snack AM	1 small handful almonds (unsalted) 1 snack pack seaweed	1/4 avocado 1 small tomato 1 snack pack seaweed	1 small handful cashew nuts (unsalted) 1/4 cup strawberries	1/4 cup homemade guacamole 5x brown rice cracker	<u>Bliss Ball</u> (ingredients rolled together) 2 dried apricots diced 1 tbspp. cashew butter 1 tsp. tahini 1 tsp. grated coconut	2/3 cup roasted chickpeas	2 tbspp. hummus 1 medium carrot 1 snack pack seaweed
Lunch	<u>Pumpkin and Lentil Soup</u> 150g pumpkin 2/3 cup cooked lentils 1/2 cup cooked barley 1/2 cup onion	<u>Quinoa Salad</u> 1/4 cup quinoa 1/4 cup green lentils 1 small tomato 2 tsp. pumpkin seeds 1 tsp. olive oil 1 squeeze lemon	<u>Falafel Bowl</u> 2 small falafels 2 tbspp. avocado 1 tbspp. hummus 1/2 small cucumber 1 small carrot	<u>Homemade Baked Beans</u> 1/2 cup cannellini beans 1 tsp. tomato paste 1/2 cup canned tomato 1/4 cup mushroom 1/2 small chilli 1/4 cup onion 1/4 avocado 1 tsp. cumin 1 tsp. paprika	<u>Stuffed Potato</u> 1 medium boiled potato 1/4 cup onion 1/2 cup spinach 1 tbspp. nutritional yeast 1.5 tsp. chia seeds	<u>Zucchini Fritter</u> 100g zucchini (dry) 1/4 cup legume/lentil flour 1/2 tsp. baking powder 1 tsp. minced garlic 1 tbspp. nutritional yeast	<u>Marinated Tofu Salad</u> 100g tofu 1 cup lettuce 1/2 tomato 1/2 small cucumber 1 tsp. soy sauce 1 squeeze lemon 1 tsp. olive oil 1 small handful olives
Snack PM	2/3 cup fortified soy-based yoghurt	2 tbspp. hummus 1 medium carrot	<u>Bliss Ball</u> (ingredients rolled together) 2 dried apricots diced 1 tbspp. cashew butter 1 tsp. tahini 1 tsp. grated coconut	Small handful dried cranberries 2 tsp. peanut butter	1 cup popcorn 1 heaped teaspoon nutritional yeast	4 dates 1 tbspp. tahini	2/3 cup fortified soy-based yoghurt
Dinner	<u>Asian Noodles</u> 100g soba noodles 1/6 packet tofu 1 tbspp. miso paste 1 tbspp. soy sauce 1/2 cup bok choy 1/2 cup mushroom -add 3-4 cups hot water	<u>Veggie Pasta</u> 1/2 cup cooked pasta 1/4 cup chickpeas 2/3 cup canned tomato 1/2 cup broccoli 1/4 cup capsicum 1 tsp. minced garlic 1 tablespoon nutritional yeast	<u>Stuffed Capsicum</u> 1 capsicum 1/4 cup brown rice 1/4 cup lentils 1/4 cup zucchini 100mL stock 1 tsp. tomato paste 1 tbspp. nutritional yeast	<u>Lentil Curry</u> 1/4 cup lentils 1 tbspp. green curry paste 100mL low fat coconut milk 1/4 cup barley (cooked) 1/4 cup capsicum 1/2 carrot 1/4 cup mushrooms	<u>Satay Tofu</u> 100g tofu 1/2 cup brown rice 1.2 tbspp. satay sauce 1/4 cup carrot 1/4 cup broccoli 1/4 cup capsicum	<u>No cheese Nachos</u> 1/2 wrap (cooked in oven till crunchy) 3 tbspp. kidney beans 1 tomato 1 tbspp. avocado 1 tbspp. nutritional yeast 1/2 tsp. olive oil	<u>Vegan Bolognese</u> 1 cup zoodles 2/3 cup lentils 1/4 cup onion 1/4 cup mushroom 1/4 cup capsicum 1/4 cup celery 1 cup canned tomato 1 tsp. tomato paste 1/2 tsp. olive oil 1 tbspp. nutritional yeast

Breakdown	Calories: 1010kcal Protein: 20% Fat: 35% Carbohydrates: 45%	Calories: 1060kcal Protein: 20% Fat: 40% Carbohydrates: 40%	Calories: 1015kcal Protein: 15% Fat: 40% Carbohydrates: 45%	Calories: 1030kcal Protein: 15% Fat: 50% Carbohydrates: 35%	Calories: 1015kcal Protein: 20% Fat: 30% Carbohydrates: 50%	Calories: 1030kcal Protein: 25% Fat: 25% Carbohydrates: 50%	Calories: 1000kcal Protein: 20% Fat: 40% Carbohydrates: 40%
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Each breakfast, lunch and dinner = ~250 calories; snack (am) = ~100 calories; snack (pm) = ~150 calories