

WEEKLY MEAL PLAN / VEGAN 60-70KG INDIVIDUAL

MEAL	BREAKFAST	LUNCH	SNACK (IF NEEDED)	DINNER
DAY 1	Protein oats – 50g rolled oats, 30g Awesome vegan protein, 1 tbsp hemp seeds, dairy free milk to desired consistency, 1 tsp cinnamon	White bean barley bowl – 60g of barley, stock cube, 60ml of water, 80g sweet corn, 140g white beans, 1 tsp olive oil, 1 onion, dill	Soy/almond yoghurt and dried mango – 220g high protein yoghurt, 50g dried mangos	1 oven baked vegan spicy Quorn burger or vegan tofu burger with garlic and ½ fresh lemon, serve with medium jacket potato and green salad
DAY 2	Vegan protein pancakes – 40g oats blended, add 1tbsp milled flax, 30g Awesome vegan protein, 1 banana, 100ml dairy free milk, 1 tsp cinnamon. Blend and pour into hot pan – makes approx. 4	Lentil lettuce wrap – ½ onion, 200g lentils (cooked), 30g lettuce, 25g carrots, ½ avocado, ½ mango, ½ tsp peanut butter	1 plum, 35g of almonds, 30g dried apricots	Meat free mushroom bolognese with 200g cooked black beans and vegan parmesan
DAY 3	Scrambled tofu Wholemeal toast and vegan butter	Vegan edamame and quinoa salad – 200g edamame beans (cooked), 60g quinoa (dry weight), mixed crunchy vegetables, handful peanuts/cashews. For dressing mix 1 tbsp olive oil, 1 tsp soy sauce, crushed garlic, ½ tsp apple cider vinegar, fresh chilli	High protein snack bar or Awesome vegan protein shake, 1 apple	Mixed bean burrito – lettuce, large tortilla, salsa, ½ avocado, 300g of refried beans, vegan sour cream/yoghurt
DAY 4	Overnight oats: 40g oats, 140ml almond milk, 1 mashed banana, ¼ tsp vanilla extract, 1 tsp cinnamon, 1 tbsp chia seeds. 30g Awesome vegan protein powder. Top with grated apple	Salad: ½ avocado, cherry tomatoes, spinach, 200g chickpeas, dress with 1 tbsp olive oil and balsamic vinegar	Soy/almond yoghurt and dried mango – 200g yoghurt, 50g dried mango	Tofu walnut burgers – (150g tofu, 20g walnuts, ½ egg sub mix*) with well-seasoned mixed roasted vegetables (double up for tomorrows lunch) *1 tbsp flax to 3 tbsp of almost-boiling water, whisked = 1 egg

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DAY 5	Vegan protein pancakes – 40g oats blended, add, 1 tbsp milled flax, 30g Awesome vegan protein, 1 banana, 100ml dairy free milk, 1 tsp cinnamon. Blend and pour into hot pan – makes approx. 4	Leftover burgers from last night	Carrot sticks dipped in 30g hummus, 20g walnuts, 5 brazil nuts	Soy mince chilli (100g soy mince, 150g cooked kidney beans), 60g steamed white rice (raw weight), salsa or vegan sour cream/yoghurt
DAY 6	Spicy chickpea scramble: ½ can chickpeas, mashed, ½ tsp turmeric, pinch salt, pepper, small amount of white onion, 1 clove garlic – fry in 1 tsp olive oil. Serve with cooked tomatoes, wholemeal toast and vegan butter	Black bean burgers – 120g black beans, ¼ onion, ½ egg substitute mix*, 130g white potato, 30g carrots. Shred potatoes and mix all ingredients together, heat oil and skillet, serve with small salad	Carrot, celery, cucumber, pepper sticks dipped in 60g tahini with a sprinkling of pumpkin seeds	150g vegan Quorn pieces with garlic and lemon juice, serve with small jacket potato and green salad
DAY 7	Raspberry chia seed pudding – 1 tbsp chia seeds, 200g unsweetened light coconut milk, 30g raspberries, 30g Awesome vegan protein powder	2 BBQ tofu skewers (150g tofu) with homemade zesty coleslaw (using vegan mayo) with crushed 20g cashew nuts, fruit made ice lolly	140g soy yoghurt and handful berries	Homemade vegan cottage pie with green vegetables (see recipe sheet)

Remember this is an example, portion sizes are an average and need to be adjusted for your personal needs, goals and appetite. Snacks and meals are there to be manipulated as you choose. You can eat smaller and more often or more and less often, there is not a perfect mix.