

WEEKLY MEAL PLAN / VEGAN 90KG PLUS INDIVIDUAL

MEAL	BREAKFAST	LUNCH	SNACK (IF NEEDED)	DINNER
DAY 1	Protein oats – 80g rolled oats, 30g Awesome vegan protein, 1 tbsp hemp seeds, dairy free milk to desired consistency, 1 tsp cinnamon, 1 tsp nut butter, 1 pear	White bean barley bowl – 80g of barley, stock cube, 60ml of water, 80g sweet corn, 150g white beans, 1 tsp olive oil, 1 onion, dill	Soy yoghurt and dried mango – 250g yoghurt, 50g dried mangos	1 Vegan spicy Quorn burger or vegan tofu burger with garlic and ½ fresh lemon, serve with large jacket potato, 20g vegan cheese and green salad
DAY 2	Vegan protein pancakes – 60g oats blended, add, 1 tbsp milled flax, 30g Awesome vegan protein, 1 banana, 100ml dairy free milk (or enough for the right consistency), 1 tsp cinnamon. Blend and pour into hot pan – makes 4-6	Lentil lettuce wrap – ½ onion, 200g lentils (cooked), 30g lettuce, 25g carrots, 1 avocado, ½ mango, 2 tsp peanut butter	1 plum, 40g of almonds, 40g dried apricots	Meat free mushroom bolognese with 250g cooked black beans and vegan parmesan, 3 medjool dates
DAY 3	Scrambled tofu and green veg Wholemeal toast and vegan butter Piece of fruit	Vegan edamame and quinoa salad – 250g 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	Mixed bean burrito – lettuce, large tortilla, salsa, 1 avocado, 350g of refried beans, 40g vegan cheese, vegan sour cream
DAY 4	Overnight oats: 60g oats, 30g Awesome protein powder 150ml almond milk, 1 mashed banana, ¼ tsp vanilla extract, 1 tsp cinnamon, 1 tbsp chia seeds. Top with grated apple and 1 tbsp peanut butter	Salad: 1 avocado, cherry tomatoes, spinach, 250g chickpeas, 20g toasted seeds, dress with 1 tbsp olive oil and balsamic vinegar and garlic	Soy yoghurt and dried mango – 230g yoghurt, 50g dried mango	Tofu walnut burgers – (160g tofu, 30g walnuts, ½ egg sub mix*) served with well seasoned mixed roasted vegetables, homemade potato wedges brushed with a little oil (double up for tomorrows lunch) *1 tablespoon flax to 3 tablespoons of almost-boiling water, whisked = 1 egg

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DAY 5	Vegan protein pancakes – 60g oats blended, add, 1 tbsp milled flax, 30g Awesome vegan protein, 1 banana, 100ml dairy free milk (or enough for the right consistency), 1 tsp cinnamon. Blend and pour into hot pan – makes 4-6. Top with 1tsp nut butter	Leftover burgers from last night, 1 orange	Carrot sticks dipped in 40g hummus, 20g walnuts, 5 brazil nuts	Soy mince chilli (160g soy mince, 150g cooked kidney beans), 60g steamed white rice (raw weight), salsa or vegan sour cream
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 veg of choice, 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 Mash ½ avocado with paprika and pinch salt for burger topping and serve with small salad	Carrot, celery, cucumber, pepper sticks dipped in 75g hummus, sprinkling of pumpkin seeds	180g vegan Quorn pieces with garlic and ½ fresh lemon, serve with large jacket potato and tomato and green leaf salad with 1 tsp olive oil and balsamic, piece of fruit
DAY 7	Raspberry chia seed pudding – 1 tbsp chia seeds, 200g unsweetened light coconut milk, 30g raspberries, 30g Awesome vegan protein powder, 10g crushed pecans to top	2 BBQ tofu skewers (200g tofu) with homemade zesty coleslaw (using vegan mayo) with 20g crushed cashews mixed in. 1 wholemeal pitta, fruit made ice lolly	180g soy yoghurt and handful berries	Homemade vegan cottage pie with green vegetables (see recipe sheet), 2 medjool dates

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.