



VEG OR VEGAN MENU

WEEK 1

Our vegetarian and vegan menus offer a plant based option for those who choose not to eat meat, chicken or fish. You can **opt for a fully vegan plan** or choose to include eggs and/or dairy cheeses and yoghurt. We use whole fresh foods combining plant based protein, naturally sustaining carbs and healthy fats for a well balanced, meat free plan. **We do not provide macros for these options but the main meals are portioned at 500-400kcals***

DAY 1

LUNCH

KCALS = 500-400

Creamy spaghetti with broccoli and garlic roasted tomatoes (V)

tomatoes - broccoli - wholewheat spaghetti - spinach - coconut milk - nutritional yeast
olive oil - garlic - homemade herb mix - salt & black pepper **+/- parmesan cheese**

Heat until steaming hot and enjoy

DINNER

KCALS = 500-400

Korean rice and vegetable bibimbap (+/- fried eggs) (V-GF-DF)

carrots - mushrooms - cabbage - tomatoes - tomato paste - brown rice - BBQ sauce - garlic
brown sugar - sesame seeds - apple cider vinegar - salt & black pepper **+/- eggs**

Heat until steaming hot and enjoy.

DAY 2

LUNCH

KCALS = 500-400

Veggie bolognaise with vegetable noodles and garlic bread (V)

carrots - zucchini - tomatoes - celery - onions - tomato paste - french bread - parsley - garlic
homemade italian herb mix - salt & black pepper **+/- cheddar cheese +/- butter**

Heat until steaming hot and enjoy.

DINNER

KCALS = 500-400

Lentil koftas with za'atar potatoes, cucumber salad and muhammara dip (N)

lentils - cracked wheat - potatoes - romaine lettuce - cucumbers - onions - peppers - feta cheese
walnuts - lemon - tomato paste - breadcrumbs - pomegranate molasses - olive oil - red grape vinegar
- garlic - dill - parsley - homemade herb & spice mix - salt & black pepper

Heat koftas and/or potatoes until steaming hot and enjoy with chilled salad and dip

DAY 3

LUNCH

KCALS = 500-400

Green pea patties with pineapple salsa and cauliflower rice (+/- mayo sauce) (V-GF)

cauliflower - broccoli - pineapple - green peas - butter beans - brown rice - onion - green onions - coriander
gram flour - garlic - salt & black pepper **+/- mayonnaise**

Remove sauce pot, heat until steaming hot and enjoy with salsa on the side

DINNER

KCALS = 500-400

Veggie loaded Nasi Goreng with fried eggs (V) or tofu (VE)

brown rice - carrots - peas - corn - green beans - cabbage - spring onions - red onions
peanuts - garlic - ginger - chili - sweet soy sauce - soy sauce - tomato paste - sesame oil - herb & spice mix
+/- eggs/tofu

Heat all until steaming hot and enjoy.

KCALS = Kilocalories

V VEGETARIAN **VE** VEGAN **DF** DAIRYFREE **GF** GLUTEN FREE **N** NUTS



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| DAY 4

LUNCH

KCALS = 500-400

Egyptian style barley salad (+/- Feta or Roast Peppers) (V-N)

barley - rocca - red peppers - raisins - pomegranates - walnuts - spring onions - coriander - olive oil - pomegranate molasses - lemon juice - herb & spice mix - salt & black pepper *+/- feta cheese*

Enjoy chilled with dressing poured over

DINNER

KCALS = 500-400

Veg Kedjenou with baked plantains and green beans (VE-GF-DF)

plantains - tomatoes - peppers - aubergines - okra - onions - ginger - garlic - tomato paste - ginger - garlic olive oil - homemade herb & spice mix - salt & black pepper

Heat until steaming hot and enjoy

| DAY 5

LUNCH

KCALS = 500-400

Tortilla and black bean salad with tomato salsa (+/- yoghurt sauce) (V)

romaine lettuce - black beans - peppers - tomatoes - onions - tortillas - coriander - tomato paste - lime juice - homemade spice mix - salt & black pepper *+/- yoghurt +/- cheddar cheese*

Enjoy chilled with sauces poured over or on the side

DINNER

KCALS = 500-400

Lentil ratatouille (+/- halloumi and/or lime yoghurt sauce) (V-GF)

entils - peppers - aubergines - zucchini - onions - olive oil - tomato paste - balsamic vinegar - garlic - basil - lime - herb & spice mix - salt & black pepper *+/- yoghurt +/- halloumi cheese*

Remove sauce pot, heat until hot and enjoy with chilled sauce drizzled over

| DAY 6

LUNCH

KCALS = 500-400

Spiced Chickpea salad plate with tahini sauce (+/- feta cheese) (V)

chickpeas - lebanese bread - romaine lettuce - oakleaf - tomatoes - cucumbers - onions - mint - parsley - yoghurt - olive oil - tahini - red grape vinegar - lemon - homemade herb & spice mix - salt & black pepper

Enjoy chilled with dressing poured over

DINNER

KCALS = 500-400

Mushroom rendaang with cauli rice and green peas (VE-GF-DF)

mushrooms - potatoes - cauliflower - onions - coconut cream - garlic - ginger - lemon grass - coconut milk - chili flakes - tamarind paste - coriander - lime - green peas - herb & spice mix - salt & black pepper

Heat until steaming hot and enjoy

KCALS = Kilocalories



VEGETARIAN



VEGAN



DAIRY FREE



GLUTEN FREE

