

# Vegan Balanced Diet Meal Planner

Calories are a guide – don't get hung up on them. NHS guidance is for a woman to eat 2,000 calories daily and a man 2,500 to maintain a healthy weight. Eating 500 fewer each day equates to losing 1 pound in weight per week.

**Lunch:**  
COOK Pot for One  
plus optional serving  
suggestions

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lunch:</b>	<b>POT</b> Sweet Potato & Aubergine Sri Lankan Curry  Served with <b>1x plain</b> naan bread  <b>522 cals</b>	Mushroom Spaghetti Bolognese  Served with a mixed veg side salad  <b>409 cals</b>	Red Lentil & Mixed Bean Casserole  Served on a jacket potato  <b>379 cals</b>	<b>POT</b> Spinach, Lentil & Potato Masala  Garnished with <b>1x Plain Naan Bread</b>  <b>518 cals</b>	Mushroom Spaghetti Bolognese  Served with a mixed veg side salad  <b>409 cals</b>	Cauliflower & Aubergine Shakshuka  Served with 2 wholegrain flatbreads  <b>423 cals</b>	<b>POT</b> Sweet Potato & Aubergine Sri Lankan Curry  Served with steamed or stir-fried greens  <b>342 cals</b>
<b>Dinner:</b>	Beetroot Bourguignon  Served with celeriac mash and steamed greens  <b>304 cals</b>	Yellow Vegetable Curry  Served with <b>Plain Basmati Rice</b>  <b>602 cals</b>	Green Thai Vegetable Curry  Served with <b>Plain Basmati Rice</b>  <b>549 cals</b>	Cauliflower & Aubergine Shakshuka  Served with <b>Minted</b> <b>Couscous</b>  <b>500 cals</b>	Artichokes with Asparagus & Salsa Verde  Served with a wholemeal crusty roll and rocket salad  <b>422 cals</b>	Roasted Vegetable & Chickpea Curry  Served with <b>Peas Pilau</b> and steamed or stir-fried greens  <b>465 cals</b>	Spanish Bean Stew with Peppers and Kale  Served with jacket potato and mixed veg side salad  <b>531 cals</b>
<b>EST DAILY CALORIES</b> (incl optional serving suggestions)	<b>826 cals</b>	<b>1011 cals</b>	<b>928 cals</b>	<b>994 cals</b>	<b>831 cals</b>	<b>888 cals</b>	<b>885 cals</b>

## Snacks:

Add one or two each  
day such as:

1x wholemeal toast with 10g peanut butter / handful nuts (cashews/walnuts/almonds) / 30g dark chocolate / 1-2 slices of malt loaf or fruit bread  
1x medium piece of fruit (apple, pear, banana) + optional nut butter / 2x small fruits (kiwi, satsuma, plum) / 30g dried fruit (apricots, sultanas, mango)  
milky coffee/latte/cappuccino with dairy free milk / 80g fruit salad or mixed berries / 30g plain popcorn with seasoning of your choice