

Veggie Weekly Meal Planner

Our menu planners are a guide only. They do not reflect what is available in the meal boxes due to fluctuations in stock availability.

Breakfast:

MONDAY

40g porridge oats, 300ml semi-skimmed milk, 30g raisins and 10g mixed seeds

441 cals

TUESDAY

Low salt/sugar baked beans, 2x slices wholemeal toast and 15g cheddar cheese

403 cals

WEDNESDAY

Low fat Greek yoghurt pot, 80g mixed berries, 1 banana and 25g chopped hazelnuts

398 cals

THURSDAY

2x scrambled eggs, 2x slices wholemeal toast and 80g mushrooms, grilled

385 cals

FRIDAY

2x poached eggs, 2x slices wholemeal toast and 80g cherry tomatoes, roasted in 1 tsp oil

383 cals

SATURDAY

1/2 mashed avocado, squeeze of lime, 2x slices wholemeal toast, 80g roasted cherry tomatoes and 10g mixed seeds

423 cals

SUNDAY

40g bran flakes, 100ml semi-skimmed milk, 1x sliced banana and 80g mixed berries

330 cals

Lunch:

Sweet Potato & Aubergine Sri Lankan Curry

Steamed or stir-fried greens and 2 tbsp plain yoghurt

356 cals

Sweet Potato Katsu Curry

Steamed or stir-fried greens

434 cals

Mexican Three Bean Chilli

Baked sweet potato and 1/2 avocado, mashed with a squeeze of lime

528 cals

Red Lentil & Mixed Bean Casserole

Jacket potato and 30g cheddar cheese

504

Mushroom Spaghetti Bolognese

Rocket salad

379 cals

Halloumi & Roasted Veg Pasta

Mixed veg side salad

367 cals

Sticky Veg Satay

Steamed or stir-fried greens and 30g cashews

556 cals

Dinner:

In Bold = COOK side dishes

Vegetable & Chickpea Tagine

Minted Couscous and 2 tbsp plain yoghurt

660 cals

Chilli con Veggie

Brown rice, 1/2 avocado, mashed with a squeeze of lime and 2 tbsp plain yoghurt

579 cals

Butternut Squash & Coconut Curry

285 cals

Cauliflower & Aubergine Shakshuka

2x medium eggs, 1 wholegrain flatbread and 2 tbsp plain yoghurt

493 cals

Moroccan Sweet Potato Couscous

1 wholegrain flatbread

562 cals

Roasted Vegetable & Chickpea Tagine

Plain Basmati Rice and **Tarka Dhal**

585 cals

Spanish Bean Stew with Peppers & Kale

Wholemeal crusty roll

503 cals

5 a Day:

7

6

6

7

6

6

8

EST DAILY CALORIES

(incl serving suggestions)

1457 cals

1416 cals

1211 cals

1382 cals

1324 cals

1375 cals

1389 cals

Snacks:

To add to 5 a day.

Small fruit: Two plums, two satsumas, two kiwi fruit, three apricots, six lychees, seven strawberries or 14 cherries. **Medium-sized fruit:** One apple, banana, pear, orange or nectarine. **Large fruit:** Half a grapefruit, one slice of papaya, one slice of melon (5cm slice), one large slice of pineapple or two slices of mango (5cm slices). **Dried fruit:** About one heaped serving spoon of raisins, currants or sultanas, one serving spoon of mixed fruit, two figs, three prunes or one handful of dried banana chips. **Salad vegetables:** Three sticks of celery, a 5cm piece of cucumber, one medium tomato or seven cherry tomatoes. All information taken from the British Nutrition Foundation