

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
40g bran flakes, 100ml semi-skimmed milk, 1x sliced banana and 80g mixed berries	Low salt/sugar baked beans, 2x slices wholemeal toast and 15g cheddar cheese	Low fat Greek yoghurt, 80g mixed berries, 1 banana and 25g chopped hazelnuts	40g porridge oats, 300ml semi-skimmed milk, 30g raisins and 10g mixed seeds	2x poached eggs, 2x slices wholemeal toast and 80g cherry tomatoes roasted in 1 tsp oil	1/2 mashed avocado, squeeze of lime, 2x slices of wholemeal toast, 80g roasted cherry tomatoes and 10g mixed seeds	2x poached eggs, 2x slices wholemeal toast and 80g mushrooms, grilled
330 cals	403 cals	398 cals	441 cals	383 cals	423 cals	385 cals

Lunch:

Sweet Potato & Aubergine Sri Lankan Curry	Mushroom Spaghetti Bolognese	Red Lentil & Mixed Bean Casserole	Mexican Three Bean Chilli	Portobello Mushroom Risotto	Halloumi & Roasted Veg Pasta	Sticky Veg Satay
Steamed or stir-fried greens and 2tbsp plain yoghurt	Rocket Salad	Jacket Potato and 30g cheddar cheese	Brown rice and 1/2 avocado, mashed with a squeeze of lime	Rocket Salad	Mixed veg side salad	Steamed or stir-fried veg and 30g cashews
366 cals	379 cals	504 cals	661 cals	591 cals	367 cals	556 cals

Dinner:

In Bold =
COOK side dishes

Red Lentil & Aubergine Moussaka	Spanish Bean Stew with Peppers & Kale	Veggie Meatballs in a Rustic Tomato Sauce	Cauliflower & Aubergine Shakshuka	Chilli con Veggie	Roasted Vegetable & Chickpea Curry	Vegetable & Chickpea Tagine
Peas & Leeks	<i>Baked sweet potato</i>	<i>Wholewheat spaghetti, 15g cheddar cheese and rocket salad</i>	<i>2x medium eggs, 1x wholegrain flatbreads and 2tbsp plain yoghurt</i>	<i>Baked sweet potato, 1/2 avocado, mashed with a squeeze of lime and 2tbsp plain yoghurt</i>	Plain Basmati Rice and Tarka Dal	Minted Couscous and 2tbsp plain yoghurt
654 cals	435 cals	541 cals	489 cals	446 cals	585 cals	593 cals

5 a Day:

5	9	5	6	5	6	6
1350 cals	1217 cals	1443 cals	1591 cals	1420 cals	1375 cals	1534 cals

EST DAILY CALORIES

(incl serving suggestions)

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