

— COOK —

THE JOY OF VEG

It's Meat Free May and National Vegetarian week w/c 16th May. Whether you are fully embracing the challenge to go veggie for May or simply looking for inspiration to swap in a few extra veggie alternatives, here's an example of what a week could look like if you are truly embracing the JOY of eating more vegetables. There's a lot of fun to be had in eating vegetables, not only are they delicious but eating more vegetable-based meals is good for you and good for the planet.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch:	Halloumi and Roasted Veg Pot	Sweet Potato Katsu Curry	Spanish Bean Stew	Sri Lankan Curry Pot	Tomato, Basil & Mozzarella Risotto	Halloumi, Red Pepper & Spinach Stacks	Red Lentil and Aubergine Moussaka <i>Serve with a simple Greek salad.</i>
Dinner:	Veggie Bolognese <i>Serve with green veg or a simple green salad.</i>	Veggie Cottage pie <i>Serve with seasonal veg like spring greens or Peas and Leaks with a lemon and herb butter.</i>	Roasted Vegetable Lasagne <i>Serve with a simple green salad and some crusty garlic bread.</i>	Chilli con Veggie <i>Serve on top of nacho chips in an overproof dish, sprinkle with cheddar cheese, jalapenos & pop in the oven to melt for a few minutes.</i>	Green Thai Veggie Curry <i>Serve with Coconut and Lime Leaf Rice, Vegetable Spring Rolls, prawn Crackers.</i>	Portobello Mushroom Wellington <i>Serve with hasselback potatoes and a fennel and watercress salad.</i>	Spinach and Feta Tart and Tomato, Mozzarella & Pesto stack. <i>Serve with Rainbow salad with a lemon and herb dressing, Crusty bread and a green salad. Don't forget the pud!</i>

In Bold = COOK sides

We'd recommend serving most meals with a vegetable side, much in the same way you would if you were eating a meat course, as this will help you meet the recommended portions of vegetables consumed a day. Here are some simple suggestions: a small bowl of salad, baked sweet potato, half an avocado, 80g of peas with spinach stirred through or on the side – lovely in the Veggie Bolognese or Veggie Cottage Pie

This menu plan is only a guide to help you see how some simple swaps can help you eat less meat when planning your weekly meals. There are loads of simple and delicious vegetarian recipes available online but if you want to make it easy and give yourself a night off cooking from scratch, many of the meals suggested in this planner are also available to buy from COOK. This meal planner has not been written or approved by a nutritionist, and daily Reference Intake values haven't been taken into consideration whilst compiling this meal plan.