

VEGAN MEAL PLAN

WEEK 1	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Overnight Oats - Choc Banana	Punnet of fresh berries	Leftovers or Chickpea Salad Wrap	Tofu Chocolate Mousse	One Pan Pumpkin & Chickpea Bake
TUESDAY	Avocado & Pea Bruschetta	Punnet of fresh berries	Leftovers or Chickpea Salad Wrap	Tofu Chocolate Mousse	Green Goddess Pasta
WEDNESDAY	Overnight Oats - Choc Banana	Punnet of fresh berries	Leftovers or Chickpea Salad Wrap	Tofu Chocolate Mousse	Almond Butter Noodle Stir-Fry
THURSDAY	Avocado & Pea Bruschetta	Punnet of fresh berries	Leftovers or Chickpea Salad Wrap	Tofu Chocolate Mousse	Chilli Bean Mexican Bowl
FRIDAY	Overnight Oats - Choc Banana	Punnet of fresh berries	Leftovers or Chickpea Salad Wrap	Tofu Chocolate Mousse	Pulled Jackfruit Burgers
SATURDAY	Avocado & Pea Bruschetta	Punnet of fresh berries	Leftovers or Chickpea Salad Wrap	Tofu Chocolate Mousse	Veggie Korma
SUNDAY	Simple, Smokey Maple Baked Beans	Punnet of fresh berries	Leftovers or Chickpea Salad Wrap	Tofu Chocolate Mousse	Moroccan Mushroom & Lentil Shepard's Pie