

VEGETARIAN MEAL PLAN

WEEK 1	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Overnight Oats - Choc Banana	Spinach & Feta Muffins	Leftovers or Egg & Spinach Wrap	KIC Chocolate Yoghurt Whip	One Pan Pumpkin & Chickpea Bake
TUESDAY	Avocado & Pea Bruschetta	Spinach & Feta Muffins	Leftovers or Egg & Spinach Wrap	KIC Chocolate Yoghurt Whip	Green Goddess Pasta
WEDNESDAY	Overnight Oats - Choc Banana	Spinach & Feta Muffins	Leftovers or Egg & Spinach Wrap	KIC Chocolate Yoghurt Whip	Almond Butter Noodle Stir-Fry
THURSDAY	Avocado & Pea Bruschetta	Spinach & Feta Muffins	Leftovers or Egg & Spinach Wrap	KIC Chocolate Yoghurt Whip	Chilli Bean Mexican Bowl
FRIDAY	Overnight Oats - Choc Banana	Spinach & Feta Muffins	Leftovers or Egg & Spinach Wrap	KIC Chocolate Yoghurt Whip	Pulled Jackfruit Burgers
SATURDAY	Avocado & Pea Bruschetta	Spinach & Feta Muffins	Leftovers or Egg & Spinach Wrap	KIC Chocolate Yoghurt Whip	Veggie Korma
SUNDAY	Green Shakshuka	Spinach & Feta Muffins	Leftovers or Egg & Spinach Wrap	KIC Chocolate Yoghurt Whip	Moroccan Mushroom & Lentil Shepard's Pie