

Dietary Preference: Vegan

High Protein vegan-based diet for 7 days:

Day 1:

- Breakfast: Vegan Freezer Breakfast Burrito
- Lunch: Vegan Kale Caesar Salad with Tofu Croutons
- Snack: Apple slices with almond butter
- Dinner: Lentil and Vegetable Stir-Fry over quinoa

Day 2:

- Breakfast: Blueberry Almond Chia Pudding
- Lunch: Leftover Vegan Kale Caesar Salad with Tofu Croutons
- Snack: Carrot sticks with hummus
- Dinner: Chickpea and Spinach Curry with brown rice

Day 3:

- Breakfast: Vegan Freezer Breakfast Burrito
- Lunch: Leftover Vegan Kale Caesar Salad with Tofu Croutons
- Snack: Mixed nuts and dried fruit
- Dinner: Grilled Tofu with roasted sweet potatoes and steamed broccoli

Day 4:

- Breakfast: Blueberry Almond Chia Pudding
- Lunch: Leftover Vegan Kale Caesar Salad with Tofu Croutons
- Snack: Edamame sprinkled with sea salt
- Dinner: Black Bean and Vegetable Tacos with avocado

Day 5:

- Breakfast: Vegan Freezer Breakfast Burrito
- Lunch: Leftover Vegan Kale Caesar Salad with Tofu Croutons
- Snack: Sliced bell peppers with guacamole

- Dinner: Tempeh Stir-Fry with mixed vegetables and soba noodles

Day 6:

- Breakfast: Blueberry Almond Chia Pudding
- Lunch: Quinoa and Black Bean Salad with cilantro-lime dressing
- Snack: Roasted chickpeas
- Dinner: Eggplant and Lentil Stew with whole-grain bread

Day 7:

- Breakfast: Vegan Freezer Breakfast Burrito
- Lunch: Leftover Quinoa and Black Bean Salad
- Snack: Fresh fruit salad
- Dinner: Mushroom and Tofu Stir-Fry over brown rice

Dietary Preference: Vegetarian

High protein vegetarian-based diet for 7 days:

Day 1:

- Breakfast: Vegan Freezer Breakfast Burrito
- Lunch: Vegan Kale Caesar Salad with Tofu Croutons
- Snack: Apple slices with almond butter
- Dinner: Lentil and Vegetable Stir-Fry over quinoa

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Day 2:

- Breakfast: Blueberry Almond Chia Pudding
  - Lunch: Spicy Chickpea & Avocado Wrap with Whole Wheat Tortilla
  - Snack: Carrot sticks with hummus
  - Dinner: Chickpea and Spinach Curry with brown rice
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Day 3:

- Breakfast: Vegan Freezer Breakfast Burrito
  - Lunch: Mediterranean Quinoa Bowl with Roasted Vegetables & Hummus
  - Snack: Mixed nuts and dried fruit
  - Dinner: Grilled Tofu with roasted sweet potatoes and steamed broccoli
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Day 4:

- Breakfast: Blueberry Almond Chia Pudding
  - Lunch: Thai Peanut Tofu Salad with Cabbage & Carrots
  - Snack: Edamame sprinkled with sea salt
  - Dinner: Black Bean and Vegetable Tacos with avocado
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Day 5:

- Breakfast: Vegan Freezer Breakfast Burrito
  - Lunch: Lentil & Roasted Sweet Potato Buddha Bowl with Tahini Dressing
  - Snack: Sliced bell peppers with guacamole
  - Dinner: Tempeh Stir-Fry with mixed vegetables and soba noodles
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Day 6:

- Breakfast: Blueberry Almond Chia Pudding
  - Lunch: Spicy Black Bean & Corn Stuffed Peppers
  - Snack: Roasted chickpeas
  - Dinner: Eggplant and Lentil Stew with whole-grain bread
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Day 7:

- Breakfast: VegetariaBreakfast Burrito

- Lunch: Grilled Portobello Mushroom Sandwich with Avocado Spread
- Snack: Fresh fruit salad
- Dinner: Mushroom and Tofu Stir-Fry over brown rice

Dietary Preference: Non-vegetarian

High protein non-vegetarian based diet for 7 days.

Day 1:

- Breakfast: Poached eggs with wholegrain toast and avocado slices.
  - Lunch: Grilled chicken salad with mixed greens, cherry tomatoes and cucumber.
  - Snack: Greek yogurt with a handful of almonds.
  - Dinner: Baked salmon with quinoa and steamed broccoli.
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Day 2:

- Breakfast: Vegetable omelette with spinach, mushrooms, and bell peppers, served with a side of wholegrain toast.
  - Lunch: Lentil soup with a side of mixed green salad.
  - Snack: Cottage cheese with pineapple chunks.
  - Dinner: Stir-fried chicken with mixed vegetables and brown rice.
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Day 3:

- Breakfast: Overnight oats made with almond milk, chia seeds, and topped with fresh berries.
  - Lunch: Turkey and cheese sandwich on wholegrain bread with lettuce and tomato.
  - Snack: Sliced bell peppers with hummus.
  - Dinner: Beef stir-fry with broccoli, bell peppers, and snap peas over brown rice.
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Day 4:

- Breakfast: Greek yogurt parfait layered with granola and mixed berries.
  - Lunch: Quinoa salad with black beans, corn, avocado, and cilantro-lime dressing.
  - Snack: Hard-boiled eggs with a sprinkle of salt and pepper.
  - Dinner: Grilled shrimp skewers with a side of wild rice and asparagus.
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Day 5:

- Breakfast: Smoothie made with banana, spinach, almond butter, and almond milk.
  - Lunch: Chickpea and vegetable curry served over basmati rice.
  - Snack: Apple slices with peanut butter.
  - Dinner: Baked chicken breast with sweet potatoes and green beans.
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Day 6:

- Breakfast: Scrambled eggs with smoked salmon and chives, served with wholegrain toast.
  - Lunch: Mediterranean salad with feta cheese, olives, cucumber, and cherry tomatoes.
  - Snack: Protein smoothie with mixed berries and a scoop of protein powder.
  - Dinner: Lamb chops with roasted vegetables and couscous.
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Day 7:

- Breakfast: Wholegrain pancakes topped with fresh fruit and a drizzle of honey.
- Lunch: Tuna salad with mixed greens, cherry tomatoes, and a lemon vinaigrette.
- Snack: Trail mix with nuts and dried fruit.
- Dinner: Beef lasagna with a side of mixed green salad.