

Week 1 Recipe Plan - VEGETARIAN

Food & Mood Phase 1

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Egg white berry omelette	Ancient grain and hazelnut yoghurt	Banana & date vanilla smoothie	Egg white berry omelette	Ancient grain and hazelnut yoghurt	Banana & date vanilla smoothie	Egg white berry omelette
Morning Snack	Cashews & Greek yoghurt	Veggie balls	Cashews & Greek yoghurt	Veggie balls	Cashews & Greek yoghurt	Cashews & Greek yoghurt	Veggie balls
Lunch	Edamame bruschetta	Crispy eggplant lentil and hummus flatbreads	Baked turnip with beetroot salsa	Broccoli and chickpea salad with creamy dressing	Edamame bruschetta	Chickpea spinach curry	Bean and green bowl
Afternoon Snack	Cucumber & hommus	Banana & almond smoothie	Cucumber & hommus	Banana & almond smoothie	Cucumber & hommus	Banana & almond smoothie	Cucumber & hommus
Dinner	Crispy eggplant lentil and hummus flatbreads	Baked turnip with beetroot salsa	Chargrilled tofu skewers with brown rice	Edamame bruschetta	Chickpea spinach curry	Bean and green bowl	Broccoli and chickpea salad with creamy dressing



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