

Week 6 Recipe Plan - VEGETARIAN

Food & Mood Phase 1

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Lentil breakfast salad	Prune & avocado vanilla smoothie	Poached egg in spicy capsicum sauce	Lentil breakfast salad	Prune & avocado vanilla smoothie	Poached egg in spicy capsicum sauce	Lentil breakfast salad
Morning Snack	Kiwi and pineapple bowl	Coconut berry slice	Kiwi and pineapple bowl	Coconut berry slice	Kiwi and pineapple bowl	Coconut berry slice	Kiwi and pineapple bowl
Lunch	Super green salad	Eggplant, mushroom & capsicum lasagna	Kale and brown rice stuffed mushrooms	Roast cabbage wedge, tahini sauce & zucchini salad	Super green salad	Roast eggplant with warm lentil salad	Easy summer salad with feta and walnuts
Afternoon Snack	Chickpeas, tomato & avocado	Ricotta cheese with veggie sticks	Chickpeas, tomato & avocado	Chickpeas, tomato & avocado	Coconut berry slice	Ricotta cheese with veggie sticks	Chickpeas, tomato & avocado
Dinner	Eggplant, mushroom & capsicum lasagna	Kale and brown rice stuffed mushrooms	Roast cabbage wedge, tahini sauce & zucchini salad	Spinach & ricotta stuffed mushrooms	Roast eggplant with warm lentil salad	Easy summer salad with feta and walnuts	Roast cabbage wedge, tahini sauce & zucchini salad

