

Food & Mood Phase 1 Vegetarian Meal Plans PDF. February – April 2022

Week 1 - Vegetarian

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Savory breakfast bowl	Strawberry & ricotta muffin	Berries & tofu breakfast parfait	Savory breakfast bowl	Strawberry & ricotta muffin	Berries & tofu breakfast parfait	Savory breakfast bowl
Morning Snack	Apple & kiwi yoghurt	Chocolate breakfast smoothie	Veggie balls	Chocolate breakfast smoothie	Veggie balls	Chocolate breakfast smoothie	Apple & kiwi yoghurt
Lunch	Ricotta, hommus & salad sandwich	Baked quinoa & vegetable slice	Smoky chickpea and vegetables casserole	Ricotta, hommus & salad sandwich	Mushroom risotto	Spinach, mushroom, lentil and yoghurt pie	Leek & cauliflower bake
Afternoon Snack	Loaded green smoothie	Veggie balls	Apple & kiwi yoghurt	Loaded green smoothie	Apple & kiwi yoghurt	Veggie balls	Loaded green smoothie
Dinner	Baked quinoa & vegetable slice	Smoky chickpea and vegetables casserole	Coriander & chilli tofu	Mushroom risotto	Spinach, mushroom, lentil and yoghurt pie	Leek & cauliflower bake	Herb tofu with smashed peas & broccoli rice

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Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Green oatmeal	Chickpea breakfast salad	Scrambled egg, tofu & veggie mix	Green oatmeal	Chickpea breakfast salad	Green oatmeal	Scrambled egg, tofu & veggie mix
Morning Snack	Potato & spinach balls	Green power smoothie	Potato & spinach balls	Green power smoothie	Potato & spinach balls	Green power smoothie	Potato & spinach balls
Lunch	Avocado garden salad	Spinach & ricotta stuffed mushrooms	Avocado garden salad	Deconstructed silverbeet & ricotta pie with rocket	Mexican bean salad	Soft polenta with bean ratatouille	Super green salad
Afternoon Snack	Supercharged green chia dip	Spinach and cucumber smoothie	Supercharged green chia dip	Spinach and cucumber smoothie	Supercharged green chia dip	Supercharged green chia dip	Spinach and cucumber smoothie
Dinner	Spinach & ricotta stuffed mushrooms	Kale, broccoli & asparagus rice	Deconstructed silverbeet & ricotta pie with rocket	Mexican sweet corn salsa	Soft polenta with bean ratatouille	Super green salad	Kale, broccoli & asparagus rice

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Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Scrambled Tofu with Cherry Tomatoes & Basil	Berry bowl	Mango & coconut quinoa scramble porridge	Berry bowl	Scrambled Tofu with Cherry Tomatoes & Basil	Berry bowl	Mango & coconut quinoa scramble porridge
Morning Snack	Carrot cake smoothie	Carrot cake smoothie	Rainbow root chips	Rainbow root chips	Carrot cake smoothie	Carrot cake smoothie	Rainbow root chips
Lunch	Beetroot coleslaw wrap	Greek lentil salad with olives and feta	Beetroot coleslaw wrap	Lentil salad with lemon vinaigrette	Beetroot, sweet potato & feta couscous	Rainbow vegetable lasagne	Roast vegetable, feta & white bean salad
Afternoon Snack	Berries, kiwi and hazelnut bowl	Mango berry bliss	Berries, kiwi and hazelnut bowl	Mango berry bliss	Mango berry bliss	Berries, kiwi and hazelnut bowl	Berries, kiwi and hazelnut bowl
Dinner	Greek lentil salad with olives and feta	Tofu goodness bowl	Lentil salad with lemon vinaigrette	Beetroot, sweet potato & feta couscous	Rainbow vegetable lasagne	Roast vegetable, feta & white bean salad	Tofu goodness bowl

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Week 4 – Vegetarian

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Coconut berry oats	Oats & seeds with banana tofu mousse	White bean breakfast salad	Coconut berry oats	Oats & seeds with banana tofu mousse	Egg white crepes with popped amaranth & quinoa	White bean breakfast salad
Morning Snack	Summer smoothie bowl	Banana & honey protein shake	Ancient grain and hazelnut yoghurt	Banana & honey protein shake	Summer smoothie bowl	Banana & honey protein shake	Ancient grain & brown rice salad
Lunch	Greek salad sandwich	Vegetarian tagine	Warm lemon chickpea, herb and quinoa salad	Lentil bowl with tahini	Greek salad sandwich	Warm lentils with mushrooms	Grilled zucchini with chickpeas
Afternoon Snack	Seed & date protein ball	Ancient grain and hazelnut yoghurt	Seed & date protein ball	Seed & date protein ball	Ancient grain and hazelnut yoghurt	Seed & date protein ball	Summer smoothie bowl
Dinner	Vegetarian tagine	Warm lemon chickpea, herb and quinoa salad	Lentil bowl with tahini	Asian style veggie skewers	Warm lentils with mushrooms	Grilled zucchini with chickpeas	Thyme & tofu ratatouille

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Week 5 – Vegetarian

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Lentil and avo toast	Cannellini bean & egg white salad	Chickpeas and garlic scrambled eggs	Lentil and avo toast	Cannellini bean & egg white salad	Lentil and avo toast	<u>Chickpeas and garlic scrambled eggs</u>
Morning Snack	No-bake raw cacao bites	Kale smoothie	No-bake raw cacao bites	Kale smoothie	No-bake raw cacao bites	Kale smoothie	No-bake raw cacao bites
Lunch	Italian salad with chickpeas	Cucumber, cabbage, apple and radish quinoa slaw	Italian salad with chickpeas	Lentil & artichoke salad	Spinach, mushroom, lentil and yoghurt pie	Italian salad with chickpeas	Quinoa stuffed capsicums
Afternoon Snack	Pineapple & blueberry chia seed pudding	Pineapple & blueberry chia seed pudding	Yoghurt with the goods	Yoghurt with the goods	Pineapple & blueberry chia seed pudding	Pineapple & blueberry chia seed pudding	Yoghurt with the goods
Dinner	Cucumber, cabbage, apple and radish quinoa slaw	Sundried tomato zoodles	Lentil & artichoke salad	Spinach, mushroom, lentil and yoghurt pie	Tofu & kale stir fry	Quinoa stuffed capsicums	Sundried tomato zoodles

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Week 6 – Vegetarian

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Cottage cheese with almond butter & quinoa	Lentil breakfast salad	Strawberry avo toast	Lentil breakfast salad	Strawberry avo toast	Cottage cheese with almond butter & quinoa	Strawberry avo toast
Morning Snack	Banana & hazelnut chia pudding	Cacao & peanut butter balls	Banana & hazelnut chia pudding	Cacao & peanut butter balls	Banana & hazelnut chia pudding	Banana & hazelnut chia pudding	Cacao & peanut butter balls
Lunch	Quick Greek salad with avocado	Chickpea and olive green salad	Quick Greek salad with avocado	Coconut vegetable curry	Spinach & ricotta stuffed mushrooms	Lentil bowl with tahini	Coconut chickpeas with brown rice
Afternoon Snack	Apple wedges with melted nut butter	Avocado & date smoothie	Apple wedges with melted nut butter	Avocado & date smoothie	Apple wedges with melted nut butter	Avocado & date smoothie	Apple wedges with melted nut butter
Dinner	Chickpea and olive green salad	Asian-style zoodles	Coconut vegetable curry	Spinach & ricotta stuffed mushrooms	Lentil bowl with tahini	Coconut chickpeas with brown rice	Wild rice & quinoa tofu salad