

Week 4 Recipe Plan - VEGETARIAN

Food & Mood Phase 1

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Coconut & mint quinoa scramble porridge	Green Smoothie with a Side of Toast	Silken strawberry & avocado smoothie	Coconut & mint quinoa scramble porridge	Green Smoothie with a Side of Toast	Coconut & mint quinoa scramble porridge	Silken strawberry & avocado smoothie
Morning Snack	Yoghurt with kiwifruit & blueberries	Apple with almond spread	Almond protein shake	Almond protein shake	Yoghurt with kiwifruit & blueberries	Almond protein shake	Yoghurt with kiwifruit & blueberries
Lunch	Sweet chickpea and beets salad	Spanish tomato cauliflower rice	Harissa chickpeas with silverbeet	Pasta with lentil sauce and feta	Baked quinoa & vegetable slice	Green freekeh risotto	Chickpea & snow pea rice paper rolls
Afternoon Snack	Chickpea snack salad	Yoghurt with kiwifruit & blueberries	Apple with almond spread	Chickpea snack salad	Almond protein shake	Apple with almond spread	Chickpea snack salad
Dinner	Spanish tomato cauliflower rice	Harissa chickpeas with silverbeet	Pasta with lentil sauce and feta	Baked quinoa & vegetable slice	Green freekeh risotto	Chickpea & snow pea rice paper rolls	Baked quinoa & vegetable slice



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