

Week 5 Recipe Plan - VEGETARIAN

Food & Mood Phase 1

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	White bean breakfast salad	Kale smoothie	White bean breakfast salad	Berry & walnut yoghurt	Kale smoothie	Berry & walnut yoghurt	Kale smoothie
Morning Snack	Carrot, cucumber & hommus	Triple nut mix	Carrot, cucumber & hommus	Triple nut mix	Carrot, cucumber & hommus	Triple nut mix	Carrot, cucumber & hommus
Lunch	Chickpea and olive green salad	Deconstructed silverbeet & ricotta pie with rocket	Lemon & honey protein salad	Chickpea and olive green salad	Pea ricotta & zucchini fritters with lemon yoghurt	Mediterranean stuffed tomatoes	Kale, egg & lentil salad
Afternoon Snack	Apple & cinnamon balls	Lemon & basil protein snack	Apple & cinnamon balls	Lemon & basil protein snack	Apple & cinnamon balls	Lemon & basil protein snack	Apple & cinnamon balls
Dinner	Deconstructed silverbeet & ricotta pie with rocket	Lemon & honey protein salad	Chargrilled capsicum & asparagus salad	Pea ricotta & zucchini fritters with lemon yoghurt	Mediterranean stuffed tomatoes	Kale, egg & lentil salad	Chargrilled capsicum & asparagus salad



FITNESS
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