

Week 2 Recipe Plan - VEGETARIAN

Food & Mood Phase 1

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Baked spinach and eggs	Artichoke & sundried tomato toastie	Poached egg & veggie breakfast bowl	Baked spinach and eggs	Artichoke & sundried tomato toastie	Poached egg & veggie breakfast bowl	Baked spinach and eggs
Morning Snack	Kale smoothie	Asparagus & broccoli with feta	Kale smoothie	Chilli veggie balls	Kale smoothie	Asparagus & broccoli with feta	Kale smoothie
Lunch	Cheese & mint-green salad	Easy summer salad with feta and walnuts	Sliced egg wrap	Cheese & mint-green salad	Crunchy green salad	Sliced egg wrap	Easy summer salad with feta and walnuts
Afternoon Snack	Chilli veggie balls	Green smoothie	Apple with almond spread	Green smoothie	Chilli veggie balls	Green smoothie	Apple with almond spread
Dinner	Mediterranean tofu burrito	Grilled cos lettuce, asparagus and tofu salad	Cheese & mint-green salad	Crunchy green salad	Green goodness bowl	Easy summer salad with feta and walnuts	Crunchy green salad

