

Here is a weekly vegetarian menu with breakfast, lunch, and dinner for each day, suitable for two people in the UK during springtime:

## # Monday

### ## Breakfast: Asparagus and Goat Cheese Frittata

- Ingredients: 6 eggs, 1/2 cup milk, 1 bunch asparagus (cut into 1-inch pieces), 1/2 cup crumbled goat cheese, 1 tbsp olive oil, salt and pepper to taste
- Instructions: Whisk eggs and milk in a bowl. Heat olive oil in an oven-safe skillet, add asparagus and cook for 2-3 minutes. Pour egg mixture into the skillet, sprinkle goat cheese on top. Cook for 5 minutes on stovetop, then transfer to preheated oven and bake at 180°C for 10-12 minutes until set.
- Serves: 2
- Cooking time: 20 minutes

### ## Lunch: Spring Green Salad with Quinoa and Lemon Vinaigrette

- Ingredients: 4 cups mixed spring greens, 1 cup cooked quinoa, 1/2 cup sliced radishes, 1/2 cup peas, 1/4 cup chopped mint leaves, 2 tbsp lemon juice, 1 tbsp olive oil, salt and pepper to taste
- Instructions: In a large bowl, combine spring greens, quinoa, radishes, peas, and mint. In a small bowl, whisk together lemon juice, olive oil, salt and pepper. Drizzle dressing over the salad and toss to coat.
- Serves: 2
- Cooking time: 10 minutes (assumes pre-cooked quinoa)

### ## Dinner: Spinach and Ricotta Stuffed Portobello Mushrooms

- Ingredients: 4 large portobello mushrooms (stems removed), 1 cup ricotta cheese, 1 cup chopped spinach, 1/4 cup grated parmesan cheese, 1 clove garlic (minced), 1 tbsp olive oil, salt and pepper to taste
- Instructions: Preheat oven to 200°C. In a bowl, mix ricotta, spinach, parmesan, garlic, salt and

pepper. Brush mushrooms with olive oil and place on a baking sheet. Fill each mushroom cap with the ricotta mixture. Bake for 20-25 minutes until mushrooms are tender and filling is heated through.

- Serves: 2

- Cooking time: 30 minutes

# Tuesday

## Breakfast: Rhubarb and Strawberry Compote with Yogurt

- Ingredients: 2 cups chopped rhubarb, 1 cup sliced strawberries, 1/4 cup sugar, 1/2 tsp vanilla extract, 1 cup Greek yogurt

- Instructions: In a saucepan, combine rhubarb, strawberries, sugar and vanilla. Cook over medium heat, stirring occasionally, until fruit is soft and syrupy (about 10 minutes). Let cool slightly. Serve over Greek yogurt.

- Serves: 2

- Cooking time: 15 minutes

## Lunch: Roasted Carrot and Lentil Salad

- Ingredients: 4 large carrots (peeled and cut into 1-inch pieces), 1 cup cooked green lentils, 1/4 cup chopped parsley, 2 tbsp olive oil, 1 tbsp lemon juice, 1 tsp cumin, salt and pepper to taste

- Instructions: Preheat oven to 200°C. Toss carrots with 1 tbsp olive oil, salt and pepper. Spread on a baking sheet and roast for 20-25 minutes until tender. In a bowl, combine roasted carrots, lentils, parsley, remaining olive oil, lemon juice, cumin, salt and pepper. Toss to coat.

- Serves: 2

- Cooking time: 30 minutes

## Dinner: Asparagus and Pea Risotto

- Ingredients: 1 onion (diced), 2 cloves garlic (minced), 1 cup Arborio rice, 4 cups vegetable stock, 1 bunch asparagus (cut into 1-inch pieces), 1 cup peas, 1/2 cup grated parmesan cheese, 2 tbsp

butter, 1 tbsp olive oil, salt and pepper to taste

- Instructions: In a large pot, heat olive oil and 1 tbsp butter. Add onion and garlic, cook until softened. Add rice and toast for 1-2 minutes. Gradually add stock, 1/2 cup at a time, stirring constantly until absorbed before adding more. When rice is almost tender, add asparagus and peas. Cook until vegetables are tender and rice is creamy. Stir in remaining butter and parmesan. Season with salt and pepper.

- Serves: 2

- Cooking time: 40 minutes

## # Wednesday

### ## Breakfast: Avocado Toast with Radish and Sprouts

- Ingredients: 2 slices whole grain bread, 1 ripe avocado (mashed), 2 radishes (thinly sliced), 1/2 cup alfalfa sprouts, 1 tbsp lemon juice, salt and pepper to taste

- Instructions: Toast bread. Spread mashed avocado on each slice. Top with radish slices and sprouts. Drizzle with lemon juice, salt and pepper.

- Serves: 2

- Cooking time: 5 minutes

### ## Lunch: Spring Vegetable Minestrone Soup

- Ingredients: 1 onion (diced), 2 carrots (diced), 2 celery stalks (diced), 2 cloves garlic (minced), 1 zucchini (diced), 1 cup peas, 1 can diced tomatoes, 1 can cannellini beans (drained and rinsed), 4 cups vegetable stock, 1 cup small pasta shapes, 1 tbsp olive oil, 1 tsp dried oregano, salt and pepper to taste

- Instructions: In a large pot, heat olive oil. Add onion, carrots, celery and garlic. Cook until softened. Add zucchini, peas, tomatoes, beans, stock, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer for 10 minutes. Add pasta and cook until tender.

- Serves: 2 (with leftovers)

- Cooking time: 30 minutes

## ## Dinner: Leek and Goat Cheese Tart

- Ingredients: 1 sheet puff pastry, 2 leeks (thinly sliced), 1 tbsp butter, 1/2 cup crumbled goat cheese, 1 egg (beaten), 1 tbsp chopped thyme leaves, salt and pepper to taste

- Instructions: Preheat oven to 200°C. Roll out puff pastry and place on a baking sheet. In a pan, melt butter and sauté leeks until softened. Spread leeks over the pastry, leaving a 1-inch border. Sprinkle goat cheese and thyme on top. Fold the edges of the pastry over the filling. Brush pastry with beaten egg. Bake for 20-25 minutes until pastry is puffed and golden.

- Serves: 2

- Cooking time: 35 minutes

## # Thursday

### ## Breakfast: Rhubarb and Ginger Muffins

- Ingredients: 1 1/2 cups whole wheat flour, 1 tsp baking powder, 1/2 tsp baking soda, 1/2 tsp salt, 1 tsp ground ginger, 1/2 cup brown sugar, 1/3 cup vegetable oil, 1 egg, 1/2 cup milk, 1 tsp vanilla extract, 1 cup chopped rhubarb

- Instructions: Preheat oven to 180°C. Grease a muffin tin. In a bowl, mix flour, baking powder, baking soda, salt and ginger. In another bowl, whisk sugar, oil, egg, milk and vanilla. Pour wet ingredients into dry and mix until just combined. Fold in rhubarb. Divide batter into muffin cups. Bake for 18-20 minutes until a toothpick comes out clean.

- Serves: 2 (with leftovers)

- Cooking time: 30 minutes

### ## Lunch: Roasted Asparagus and White Bean Salad

- Ingredients: 1 bunch asparagus (trimmed), 1 can cannellini beans (drained and rinsed), 1/4 cup chopped sun-dried tomatoes, 2 tbsp balsamic vinegar, 1 tbsp olive oil, 1 clove garlic (minced), salt

and pepper to taste

- Instructions: Preheat oven to 200°C. Toss asparagus with 1/2 tbsp olive oil, salt and pepper. Spread on a baking sheet and roast for 10-12 minutes until tender. In a bowl, combine beans, sun-dried tomatoes, remaining olive oil, vinegar, garlic, salt and pepper. Toss with roasted asparagus.
- Serves: 2
- Cooking time: 15 minutes

## ## Dinner: Spinach and Feta Stuffed Sweet Potatoes

- Ingredients: 2 large sweet potatoes, 2 cups chopped spinach, 1/2 cup crumbled feta cheese, 1/4 cup chopped walnuts, 1 tbsp olive oil, salt and pepper to taste
- Instructions: Preheat oven to 200°C. Prick sweet potatoes with a fork and place on a baking sheet. Bake for 45-50 minutes until tender. In a pan, heat olive oil and sauté spinach until wilted. Season with salt and pepper. Cut a slit in each sweet potato and stuff with spinach mixture. Top with feta and walnuts.
- Serves: 2
- Cooking time: 1 hour

## # Friday

### ## Breakfast: Strawberry and Basil Breakfast Smoothie

- Ingredients: 1 cup strawberries, 1/2 cup plain yogurt, 1/2 cup milk, 1/4 cup fresh basil leaves, 1 tbsp honey
- Instructions: Combine all ingredients in a blender. Blend until smooth.
- Serves: 2
- Cooking time: 5 minutes

### ## Lunch: Spring Vegetable Frittata

- Ingredients: 6 eggs, 1/2 cup milk, 1 zucchini (diced), 1/2 cup peas, 1/4 cup chopped mint leaves, 1/4 cup grated parmesan cheese, 1 tbsp olive oil, salt and pepper to taste
- Instructions: Preheat oven to 180°C. In a bowl, whisk eggs and milk. In an oven-safe skillet, heat olive oil. Add zucchini and peas, cook until softened. Pour egg mixture into the skillet. Sprinkle mint and parmesan on top. Cook for 5 minutes on stovetop, then transfer to oven and bake for 10-12 minutes until set.
- Serves: 2
- Cooking time: 25 minutes

## ## Dinner: Lemon Risotto with Roasted Radishes

- Ingredients: 1 onion (diced), 2 cloves garlic (minced), 1 cup Arborio rice, 4 cups vegetable stock, 1 bunch radishes (halved), 1/2 cup grated parmesan cheese, 2 tbsp butter, 1 tbsp olive oil, zest and juice of 1 lemon, salt and pepper to taste
- Instructions: Preheat oven to 200°C. Toss radishes with 1/2 tbsp olive oil, salt and pepper. Spread on a baking sheet and roast for 20-25 minutes until tender. In a large pot, heat remaining olive oil and 1 tbsp butter. Add onion and garlic, cook until softened. Add rice and toast for 1-2 minutes. Gradually add stock, 1/2 cup at a time, stirring constantly until absorbed before adding more. When rice is almost tender, stir in lemon zest and juice, remaining butter and parmesan. Season with salt and pepper. Serve topped with roasted radishes.
- Serves: 2
- Cooking time: 40 minutes

## # Saturday

### ## Breakfast: Rhubarb and Yogurt Parfaits

- Ingredients: 2 cups chopped rhubarb, 1/4 cup sugar, 1/2 tsp vanilla extract, 1 cup Greek yogurt, 1/2 cup granola
- Instructions: In a saucepan, combine rhubarb, sugar and vanilla. Cook over medium heat, stirring

occasionally, until fruit is soft and syrupy (about 10 minutes). Let cool. In glasses, layer yogurt, rhubarb compote and granola.

- Serves: 2

- Cooking time: 15 minutes

## ## Lunch: Asparagus and Goat Cheese Tart

- Ingredients: 1 sheet puff pastry, 1 bunch asparagus (trimmed), 1/2 cup crumbled goat cheese, 1 egg (beaten), 1 tbsp chopped thyme leaves, salt and pepper to taste

- Instructions: Preheat oven to 200°C. Roll out puff pastry and place on a baking sheet. Arrange asparagus spears on the pastry, leaving a 1-inch border. Sprinkle goat cheese and thyme on top. Fold the edges of the pastry over the filling. Brush pastry with beaten egg. Bake for 20-25 minutes until pastry is puffed and golden.

- Serves: 2

- Cooking time: 30 minutes

## ## Dinner: Spring Vegetable Curry

- Ingredients: 1 onion (diced), 2 cloves garlic (minced), 1 tbsp grated ginger, 1 tbsp curry powder, 1 can coconut milk, 1 cup vegetable stock, 2 carrots (sliced), 1 zucchini (sliced), 1 cup peas, 1 cup spinach, 1 tbsp olive oil, salt and pepper to taste, cooked rice to serve

- Instructions: In a large pot, heat olive oil. Add onion, garlic and ginger. Cook until softened. Stir in curry powder and cook for 1 minute. Add coconut milk, stock, carrots and zucchini. Simmer for 10 minutes until vegetables are tender. Stir in peas and spinach, cook until spinach is wilted. Season with salt and pepper. Serve over rice.

- Serves: 2 (with leftovers)

- Cooking time: 30 minutes

## # Sunday

## ## Breakfast: Spinach and Mushroom Omelette

- Ingredients: 4 eggs, 1/4 cup milk, 1 cup chopped spinach, 1/2 cup sliced mushrooms, 1/4 cup grated cheddar cheese, 1 tbsp butter, salt and pepper to taste
- Instructions: In a bowl, whisk eggs and milk. In a non-stick pan, melt butter. Add mushrooms and cook until softened. Add spinach and cook until wilted. Pour egg mixture into the pan. Cook until almost set, then fold in half. Sprinkle cheese on top, cover and cook until cheese is melted.
- Serves: 2
- Cooking time: 15 minutes

## ## Lunch: Roasted Vegetable and Quinoa Salad

- Ingredients: 1 zucchini (diced), 1 red bell pepper (diced), 1 red onion (diced), 1 cup cooked quinoa, 1/4 cup chopped parsley, 2 tbsp olive oil, 1 tbsp balsamic vinegar, salt and pepper to taste
- Instructions: Preheat oven to 200°C. Toss zucchini, pepper and onion with 1 tbsp olive oil, salt and pepper. Spread on a baking sheet and roast for 20-25 minutes until tender. In a bowl, combine roasted vegetables, quinoa, parsley, remaining olive oil, vinegar, salt and pepper. Toss to coat.
- Serves: 2
- Cooking time: 30 minutes

## ## Dinner: Rhubarb and Lentil Curry

- Ingredients: 1 onion (diced), 2 cloves garlic (min