

5-DAY VEGAN PLAN

Includes: Breakfast, 2 Main Meals, 2 Salads and 1 Raw Protein Bar



SUNDAY

- Vegan Burrito with Black Quinoa
- Quinoa Lentil Curry
- Salad of the Day
- Desert of the Day

MONDAY

- Hijazi Maadoos
- Russian Salad
- Salad of the Day
- Desert of the Day

TUESDAY

- Spicy Mango Curry
- Oven Baked Pasta
- Salad of the Day
- Desert of the Day

WEDNESDAY

- Quinoa Koshari
- Eggplant Musaqaa
- Salad of the Day
- Desert of the Day

THURSDAY

- Peri-Peri Tofu with Spiced Burghul
- Eggplant Musaqaa
- Salad of the Day
- Desert of the Day