



	BREAKFAST	LUNCH	DINNER
Mon ~140g protein	Warm cinnamon oats Oats, soya milk, scoop protein, apple, PB, cinnamon	Lentil & veg soup Red lentils, root veg, cumin, crusty bread + hummus	Shepherd's pie Soya mince & lentils, mash, peas, gravy
Tue ~135g protein	Tofu scramble & beans 200g tofu, baked beans, mushrooms, toast	Mac & cheese Lentil mac, vegan cheese, broccoli, breadcrumbs	Chunky bean stew Butter beans, soya mince, tomato, dumplings
Wed ~135g protein	Protein porridge Oats, soya milk, protein, banana, golden syrup	Jacket potato & chilli Baked potato, soya-mince chilli, cheese, slaw	Tofu tikka masala 200g tofu, creamy tomato curry, rice, naan
Thu ~140g protein	Tofu & hash brown plate Tofu scramble, hash browns, beans, tomato	Minestrone & garlic bread Bean & pasta minestrone, garlic bread, seeds	Cottage pie & greens Lentils & soya mince, mash, carrots, gravy
Fri ~130g protein	Peanut banana porridge Oats, soya milk, protein, banana, peanut butter	Loaded nachos Tortilla chips, beans, soya mince, cheese, guac	Sausage & bean casserole Vegan sausages, beans, tomato, mash
Sat ~135g protein	Big breakfast Tofu, sausages, beans, mushrooms, tomato, toast	Pumpkin & lentil soup Squash, red lentils, coconut, bread + hummus	Tempeh chilli & rice Tempeh, 3 beans, passata, rice, avocado, cheese
Sun ~135g protein	Pancakes & berries Oat-protein pancakes, soya yogurt, berries, syrup	Sunday roast Nut roast/seitan, roast potatoes, veg, gravy	Tofu & noodle broth Miso broth, tofu, noodles, greens, edamame

SNACKS TO TOP UP

Hot chocolate with soya milk & protein · roasted nuts · soya yogurt & stewed fruit · oatcakes & PB · banana bread · protein flapjack.

BATCH & FREEZE

Big-pot favourites — **chilli, stew, soup, dahl, bolognese & pie filling** all freeze brilliantly. Cook double, freeze half, reheat on busy nights. Bulk with **lentils & beans**.

COMFORT, KEPT HONEST

Hearty doesn't mean heavy — lean on **beans, lentils, tofu & soya mince** for protein, **mash & wholegrains** for warmth, and a side of greens with every dinner.