



	BREAKFAST	LUNCH	DINNER
Mon ~140g protein	Protein overnight oats Oats, soya milk, scoop protein, chia, berries, peanut butter	Chickpea buddha bowl Roasted paprika chickpeas, quinoa, peppers, spinach, tahini-lemon	Tofu stir-fry 200g tofu, broccoli & peppers, rice/noodles, edamame, sesame
Tue ~135g protein	Tofu scramble 200g tofu, turmeric, black salt, spinach, 2 wholemeal toast	Red lentil soup Carrot, celery, cumin + wholegrain roll + a pot of hummus	Chilli sin carne Soya mince & mixed beans, passata, rice, avocado
Wed ~130g protein	Berry protein smoothie Soya milk, banana, oats, scoop protein + peanut-butter toast	Falafel & hummus wrap Wholemeal wrap, salad, pickled onion + a side salad	Tempeh traybake 200g tempeh, sweet potato, broccoli, chickpeas, tahini drizzle
Thu ~135g protein	Protein porridge Oats, soya milk, scoop protein, banana, mixed seeds	Quinoa & black bean salad Sweetcorn, peppers, avocado, lime-coriander dressing	Lentil bolognese Lentils & soya mince, wholewheat spaghetti (<i>make double</i>)
Fri ~120g protein	Chia pudding Soya yogurt, granola, fruit, scoop protein stirred through	Loaded jacket sweet potato Mixed beans, vegan cheese, a big side salad	Chana saag Chickpea & spinach curry, basmati, soya-yogurt raita
Sat ~125g protein	Big tofu scramble Tofu, baked beans, mushrooms, tomatoes, toast, avocado	Peanut tofu noodle salad Rice noodles, tofu, edamame, crunchy veg, peanut-lime	Black bean burgers Wholemeal buns, sweet-potato wedges, slaw, corn
Sun ~125g protein	Smoothie bowl Banana, berries, granola, seeds, peanut butter, yogurt + protein	Vegan roast Nut roast/seitan, roast potatoes, veg, greens, gravy	Tofu fried rice Tofu, peas, sweetcorn, edamame, tenderstem, soy

SNACKS TO TOP UP

Soya yogurt & berries · protein shake · hummus & oatcakes · a handful of nuts · roasted edamame · rice cakes, peanut butter & banana · protein flapjack.

PREP ONCE, EAT ALL WEEK

Batch-cook grains & lentils · press & marinate tofu · roast two trays of veg · blitz tahini-lemon & peanut-lime sauces. Drink ~2-2.5L water/day, more when training.

SWAPS FOR ALLERGIES

Soya → seitan, beans/lentils, pea protein.
Gluten → GF oats & bread, tamari. **Nuts** → seeds & tahini in place of nut butters.