



	BREAKFAST	LUNCH	DINNER
Mon ~150g protein	High-protein oats 40g oats, soya milk, scoop protein, berries, cinnamon	Tofu & big salad 200g tofu, leaves, tomato, cucumber, light balsamic	Edamame stir-fry Tofu, edamame, pak choi, peppers, soy, little rice
Tue ~155g protein	Tofu scramble & greens 200g tofu, spinach, mushrooms, 1 rye toast	Lentil & veg soup Red lentils, loads of veg, lemon + a small roll	Soya mince chilli Soya mince, beans, passata, courgette, small rice
Wed ~145g protein	Green protein shake Soya milk, scoop protein, spinach, berries, half banana	Chickpea & tuna-less salad Smashed chickpea, sweetcorn, salad, light mayo	Tempeh & veg traybake 150g tempeh, broccoli, peppers, courgette, lemon
Thu ~150g protein	Protein soya yogurt bowl Soya yogurt, scoop protein, berries, sprinkle granola	Tofu poke bowl Tofu, edamame, cucumber, carrot, little rice, soy-lime	Black bean & veg curry Black beans, spinach, tomato, cauliflower, small rice
Fri ~140g protein	Tofu & tomato toast 200g tofu, grilled tomato, 1 wholemeal toast	Quinoa edamame salad Quinoa, edamame, peppers, herbs, lemon dressing	Seitan & slaw 150g seitan, big slaw, gherkins, mustard, small wrap
Sat ~150g protein	Berry protein smoothie Soya milk, scoop protein, mixed berries, chia	Loaded salad bowl Falafel, leaves, beetroot, hummus, lemon, no pitta	Tofu stir-fry 200g tofu, mixed veg, bean sprouts, soy, little noodles
Sun ~150g protein	Tofu breakfast bowl Tofu, mushrooms, tomatoes, spinach, baked beans	Lighter roast Seitan, lots of veg & greens, small potatoes, gravy	Veg & tofu fried rice Tofu, cauliflower rice mix, peas, edamame, soy

SNACKS TO TOP UP

Protein shake · soya yogurt & berries · edamame · rice cakes · cucumber & hummus · a piece of fruit · sugar-free jelly.

VOLUME KEEPS YOU FULL

Pile on leafy greens, salad & non-starchy veg — big plates, low calories. Lead with **protein + veg**, keep grains & oils measured. Drink **~2.5L water/day**.

SWAPS FOR ALLERGIES

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