



	BREAKFAST	LUNCH	DINNER
Mon ~120g protein	Olive-oil oats & figs Oats, soya milk, scoop protein, fig, walnuts, honey-alt	Giant chickpea salad Chickpeas, tomato, cucumber, olives, herbs, olive oil	Butter-bean stew Butter beans, tomato, spinach, garlic, crusty bread
Tue ~120g protein	Tomato & bean toast White beans, garlic tomato, olive oil, sourdough	Lentil tabbouleh Puy lentils, bulgur, parsley, lemon, tomato, mint	Tofu souvlaki bowl Tofu, quinoa, tzatziki-alt, salad, olives, pitta
Wed ~115g protein	Yogurt, granola & fruit Soya yogurt, scoop protein, granola, peach, almonds	Falafel mezze Falafel, hummus, baba ganoush, salad, flatbread	Chickpea shakshuka Tomato & pepper stew, chickpeas, tofu, crusty bread
Thu ~120g protein	Protein porridge & seeds Oats, soya milk, protein, mixed seeds, berries	Orzo & white bean salad Orzo, cannellini, rocket, sun-dried tomato, lemon	Ratatouille & lentils Aubergine, courgette, pepper, lentils, herby bread
Fri ~115g protein	Smoothie & walnut toast Soya milk, protein, berries + walnut & banana toast	Greek-style bowl Chickpeas, tomato, olives, vegan feta, quinoa, oregano	Tomato lentil pasta Lentils, wholewheat pasta, tomato, basil, olive oil
Sat ~115g protein	Big mezze brunch Hummus, beans, tomato, olives, tofu, flatbread	Roast veg & couscous Giant couscous, roast veg, chickpeas, tahini-lemon	Stuffed peppers Peppers, rice, white beans, pine nuts, herbs
Sun ~120g protein	Fruit & yogurt bowl Soya yogurt, protein, granola, grapes, walnuts, seeds	Mediterranean traybake Tofu, courgette, tomato, olives, potatoes, oregano	Minestrone & beans Bean & veg minestrone, wholegrain pasta, bread

SNACKS TO TOP UP

Olives & nuts · hummus & veg sticks · soya yogurt & fruit · oatcakes & tahini · roasted chickpeas · a protein shake.

THE MED PLATE

Lead with **beans, lentils & chickpeas**, plenty of **veg, herbs & extra-virgin olive oil**, wholegrains and a handful of **nuts/seeds** daily. Add a protein source to every meal.

SWAPS FOR ALLERGIES

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