



	BREAKFAST	LUNCH	DINNER
Mon ~135g protein	Overnight oats (made Sun) Oats, soya milk, protein, chia, berries — grab & go	Microwave rice & tofu Pouch rice, pre-baked tofu, salad bag, peanut sauce	5-min stir-fry Straight-to-wok noodles, frozen veg, tofu pieces, soy
Tue ~130g protein	Protein shake & banana Soya milk, scoop protein, banana, PB — blitz & done	Hummus & falafel wrap Tortilla, shop falafel, hummus, salad bag	Chilli (from freezer) Batch chilli reheated, microwave rice, avocado
Wed ~135g protein	Soya yogurt & granola Big soya yogurt, granola, berries, seeds, scoop protein	Pre-cooked lentil salad Pouch puy lentils, salad, sun-dried tomato, dressing	Gnocchi & pesto Pan gnocchi, vegan pesto, spinach, edamame on top
Thu ~130g protein	Toast & PB combo 2 toast, peanut butter, banana + a protein shake	Microwave jacket & beans Quick-cook potato, baked beans, cheese, salad	Tofu noodle pot Instant noodles, tofu, frozen edamame, sriracha
Fri ~130g protein	Smoothie bowl Frozen banana, berries, protein, soya milk, granola	Bean quesadilla Tortilla, refried beans, cheese, salsa — 6 min pan	Speedy curry Jar curry sauce, chickpeas, spinach, microwave rice
Sat ~125g protein	Tofu scramble wrap Pre-seasoned tofu, tortilla, spinach, hot sauce	Sushi & edamame Shop veg sushi, big bowl edamame, soy, ginger	Sheet-pan tofu Tofu & frozen veg, one tray, 12 min, soy glaze
Sun ~135g protein	Protein pancakes (mix) Just-add-water vegan protein pancakes, berries, syrup	Loaded houmous bowl Houmous, chickpeas, pitta chips, salad, olives	Stir-fry rice Pouch rice, tofu, frozen stir-fry veg, soy, sesame

SNACKS TO TOP UP

Protein shake · soya yogurt pot · pre-popped edamame · oatcakes & PB · a banana · trail mix · protein bar.

10 MINUTES ON SUNDAY

Make a jar of overnight oats · cook one batch of chilli or curry to freeze · bake a tray of tofu. Keep **pouch rice, tortillas, salad bags & shop falafel** stocked.

SHORTCUT HEROES

Pre-baked tofu, microwave grains, jar sauces, frozen veg & tinned beans do the heavy lifting. No shame in shortcuts — consistency beats fancy.