



	BREAKFAST	LUNCH	DINNER
<b>Mon</b> ~135g protein	<b>Pea-protein oats</b> Oats, oat milk, pea-protein scoop, PB, berries, hemp	<b>Chickpea buddha bowl</b> Roast chickpeas, quinoa, peppers, spinach, tahini-lemon	<b>Seitan stir-fry</b> 200g seitan, noodles, broccoli, peppers, sesame
<b>Tue</b> ~130g protein	<b>Chickpea scramble</b> Gram-flour scramble, spinach, tomato, 2 toast	<b>Red lentil soup</b> Carrot, celery, cumin + wholegrain roll + hummus	<b>Three-bean chilli</b> Mixed beans, lentils, passata, rice, avocado
<b>Wed</b> ~120g protein	<b>Berry pea-protein shake</b> Oat milk, pea protein, banana, oats + PB toast	<b>Falafel &amp; hummus wrap</b> Wholemeal wrap, falafel, salad, pickled onion	<b>Lentil &amp; veg traybake</b> Puy lentils, sweet potato, broccoli, chickpeas, tahini
<b>Thu</b> ~130g protein	<b>Pea-protein porridge</b> Oats, oat milk, pea protein, banana, mixed seeds	<b>Quinoa &amp; black bean salad</b> Sweetcorn, peppers, avocado, lime-coriander dressing	<b>Lentil bolognese</b> Lentils & mushrooms, wholewheat spaghetti (make double)
<b>Fri</b> ~120g protein	<b>Coconut chia pudding</b> Coconut yogurt, chia, granola, fruit, pea-protein stir	<b>Loaded jacket potato</b> Mixed beans, vegan cheese, hummus, big side salad	<b>Chana saag</b> Chickpea & spinach curry, basmati, coconut raita
<b>Sat</b> ~125g protein	<b>Big chickpea scramble</b> Gram flour, baked beans, mushrooms, toast, avocado	<b>Peanut seitan noodles</b> Rice noodles, seitan, crunchy veg, peanut-lime	<b>Black bean burgers</b> Wholemeal buns, sweet-potato wedges, slaw, corn
<b>Sun</b> ~125g protein	<b>Smoothie bowl</b> Banana, berries, granola, seeds, PB, coconut yogurt + protein	<b>Vegan roast</b> Seitan/lentil loaf, roast potatoes, veg, greens, gravy	<b>Chickpea fried rice</b> Chickpeas, rice, peas, sweetcorn, tenderstem, coconut aminos

#### SNACKS TO TOP UP

Coconut yogurt & berries · pea-protein shake · hummus & oatcakes · a handful of nuts · roasted chickpeas · rice cakes, PB & banana.

#### SOYA-FREE PROTEIN

Build meals on **seitan, chickpeas, lentils, beans, peas, pea-protein & nuts/seeds**. Use **oat, pea or almond milk** and **coconut or oat yogurt** in place of soya.

#### READ THE LABEL

Soya hides in **soy sauce, miso, edamame, many veggie burgers & dark chocolate**. Swap soy sauce for **coconut aminos**, edamame for **garden peas**, tofu for **seitan or beans**.