

Healthy Meals To Your Door Vegan 7 Day Plan



Breakfast

Black Forrest Fruit Salad & Almond Coconut Yoghurt
Breakfast Beans, Spinach & Wholemeal Roll
Fresh Fruit Salad, Pepitas & Coconut Yoghurt
Paleo Muesli, Cranberry & Almond Milk
Super-food Muesli & Almond Milk
Frozen Berry & Muesli with Apple juice
Paleo Muesli, Cranberry & Almond Milk

Lunch

Vegetable Quinoa Sushi with Satay Sauce
Raw Rainbow Vegetable & Pumpkin Salad
Legume & Kelp Noodle Salad
Pistachio Falafel, Quinoa Tabouli & Baba Ganoush
Smokey Sweet Potato and Black Beans
Mung Bean Dhal with Wholemeal Vegan Pita Bread
Italian White Bean Casserole & Brown Rice

Dinner

Vegetable Stir Fry & Brown Rice
Vegetable Loaf, Cashew Cauliflower Bake, Corn Cob & Broccoli
Stuffed Zucchini, Butternut Squash & Vegetables
Roast Vegetable Crumble
Chickpea Korma with Cauliflower Rice
Vegetable Cocido
Wholemeal Pasta with Bean & Tomato Ragout



Snacks

Fresh Seasonal Fruit

Fresh Fruit Salad

Raw Cacao, Chia Seed & Blueberry Pudding

Baba Ganoush & Brown Rice Crackers

Semi Dried Tomato Dip with Vegetable Sticks

Cacao Energy Balls

Roast Mixed Nuts