

# Lucy Sugars

## VEGAN MEAL PLAN

### BREAKFAST

### LUNCH

### DINNER

MON

Pear & vanilla protein porridge & Greek yoghurt

Carrot & orange soup, oatcakes with hummus

Pesto and Puy lentil stuffed tomatoes, mixed leaf salad

TUES

Sourdough toast with hummus, avocado & tomato & an apple

Mushroom pate & watercress on rice cakes & an orange

Spinach & tomato lentil dhal with wholegrain rice

WEDS

Chickpea pancakes with peppers, hummus and mushrooms

Pea & mint soup, avocado on rye bread & a pear

Tray baked aubergine & quinoa and green bean salad

THURS

Soaked oats, coconut yoghurt yoghurt & raspberries

Roasted vegetable & bean salad & an apple

Tofu & vegetable stir fry & rice

FRI

Strawberry & peanut butter protein smoothie

Roasted vegetable & bean salad & an apple

Butternut squash & chickpea curry & wholegrain rice

SAT

Scrambled tofu with spinach & tomato on sourdough toast

Chickpea pancakes with mushrooms & watercress salad

Lentil chilli & baked sweet potato & mixed salad

SUN

Strawberry chia pot with coconut yoghurt

Vegan nut roast, potatoes, steamed green vegetables

Carrot & orange soup, oatcakes & hummus

