

Lucy Sugars

VEGETARIAN 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

Boiled eggs & watercress on rice cakes & an orange

Spinach & tomato lentil dhal with wholegrain rice

WEDS

Olive, feta & spinach omelette & a banana

Pea & mint soup, avocado on rye bread

Tray baked aubergine, new potatoes, green beans

THURS

Soaked oats, Greek yoghurt & raspberries

Roasted vegetable, feta & bean salad

Halloumi & cauliflower & pomegranate rice salad

FRI

Strawberry & peanut butter protein smoothie

Leftover halloumi & cauliflower rice salad

Butternut squash & chickpea curry with wholegrain rice

SAT

Scrambled eggs with tomato & basil on sourdough toast

Chickpea pancakes with mushrooms & spinach & an orange

Lentil chilli & baked sweet potato & mixed salad

SUN

Chickpea pancakes & mushrooms & raspberries

Nut roast, potatoes, steamed green vegetables

Carrot & orange soup, oatcakes & hummus

