THE ZEN VEGANS

7 Day Meal Plan

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	Breakfast	Lunch	Dinner	Snack
Monday	Tofu Scramble	Lentil Pasta	Bean Chilli	Snack
Tuesday	Smoothie	'Tuna' Sandwich	Spag Bol	Snack
Wednesday	Avocado Toast	Falafel Wrap	Stir Fry	Snack
Thursday	Porridge	Buddha Bowl	Pesto Pasta	Snack
Friday	Peanut Butter Toast	Fried Rice	Burger & Fries	Snack
Saturday	Beans on Toast	Quinoa Salad	Chickpea Curry	Snack
Sunday	Chia Pudding	Tofu Ramen	Sausage & Mash	Snack

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Monday	**Tofu Scramble** - 2 Slices Brown Toast - Margarine - Tofu Scramble (100g) - Mushrooms (1 tsp)	**Lentil Pasta** - Pasta - Lentil Bolognese - Blueberries - Raspberries	**Bean Chilli** - Five Bean Chilli - Rice (200g) - Guacamole (2 tbsp) - Tortilla Chips (25 g)	- Coffee/Tea & Oat Milk x2 - Almonds - 2 Squares Dark Chocolate
Tuesday	**Smoothie** - Banana - Blueberries - Peanut Butter (1 tbsp) - Soy Yogurt (100ml) - Chia Seeds (1 tbsp)	**Tuna Sandwich** - Chickpea 'Tuna' - 2 Slices Bread - Mayo - Salad	**Spag Bol** - Soy Mince Bolognese - Spaghetti (200g) - Garlic Bread	- Coffee/Tea & Oat Milk x2 - Carrot Sticks - Hummus (50g) - Cereal Bar
Wednesday	**Avocado Toast** - 2 Slices toast - 1/2 Avocado - Banana	**Falafel Wrap** - 4 Falafel - Hummus (50g) - Tortilla Wrap - Melon Fruit Salad	**Stir Fry** - Tofu (100g) - 1 Nest Noodles - Stir Fry Veggies - Chow Mein Sauce	- Coffee/Tea & Oat Milk x2 - Strawberries - Cereal Bar - Cookie
Thursday	**Porridge** - Oats (40g) - Blueberries - Banana - Soy Milk (100ml) - Peanut Butter (1 tbsp)	**Buddha Bowl** - Tofu (100g) - Sweet potato - Broccoli - Brown Rice (50g) - Spinach - Peanut Sauce	**Pesto Pasta** - Pasta (200g) - Green Pesto - Green Beans - Broccoli - Green Peas - Vegan Chicken (90g)	- Coffee/Tea & Oat Milk x2 - Popcorn (90g) - 2 Satsumas - Cereal Bar
Friday	**Peanut Butter Toast** - 2 Slices Brown Toast - Peanut Butter (1 tbsp) - Banana - Apple	**Fried Rice** - Brown Rice (50g) - Tofu (50g) - Spring Onion - Peas - Carrots - Soy Sauce	**Burger & Fries** - Vegan Burger - Bread Bun - Oven Sweet Potato Fries (120g) - Green Side Salad - Ketchup (1 tbsp)	- Coffee/Tea & Oat Milk x2 - Cucumber Sticks - Hummus (50g) - 2 Scoops Vegan Ice-cream & Strawberries
Saturday	**Beans on Toast** - 2 Slices Brown Toast - 1/2 Tin Baked Beans - Margarine (1 tsp) - Mushrooms	**Quinoa Salad** - Quinoa (120g) - Butternut Squash (300g) - Vegan Chicken (90g) - Side Green Salad - Apple	**Chickpea Curry** - Cauliflower & Chickpea Curry - Rice (200g) - Mini Naan - Chutney (1 tbsp) - 2 Popadoms	- Coffee/Tea & Oat Milk x2 - Blueberries - Bananas - Pistachios
Sunday	**Chia Pudding** - Chia Seeds (3 tbsp) - Banana - Raspberries - Soy Milk (100ml)	**Tofu Ramen** - Tofu (100g) - Ramen Noodles - Stir Fry Veg - Soy Sauce	**Sausage & Mash** - 3 Vegan Sausages - Mash Potato (250g) - Peas - Carrots - Gravy	- Coffee/Tea & Oat Milk x2 - Kiwi - Chocolate Brownie

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	Breakfast	Lunch	Dinner	Snack	Total
Monday	**Tofu Scramble** Calories: 411 Protein: 23.7g Fat: 19.9g Carbs: 43.1g	**Lentil Pasta** Calories: 500 Protein: 21g Fat: 5g Carbs: 104g	**Bean Chilli** Calories: 728 Protein: 14g Fat: 12.4g Carbs: 95g	Calories: 317 Protein: 10.5g Fat: 23g Carbs: 34.9g	**Calories: 2010** **Protein: 69.2g** **Fat: 60.3g** **Carbs: 277g**
Tuesday	**Smoothie** Calories: 377 Protein: 12.7g Fat: 15.1g Carbs: 61.6g	**Tuna Sandwich** Calories: 409 Protein: 24g Fat: 12.6g Carbs: 42.5g	**Spag Bol** Calories: 767 Protein: 25g Fat: 17g Carbs: 127g	Calories: 420 Protein: 9.8g Fat: 17.1g Carbs: 58g	**Calories: 1993** **Protein: 71.5g** **Fat: 61.8g** **Carbs: 289.1g**
Wednesday	**Avocado Toast** Calories: 447 Protein: 11.5g Fat: 14.5g Carbs: 71g	**Falafel Wrap** Calories: 485 Protein: 11.7g Fat: 13.2g Carbs: 72g	**Stir Fry** Calories: 480 Protein: 23.9g Fat: 16.2g Carbs: 46.2g	Calories: 508 Protein: 11.7g Fat: 22.1g Carbs: 66g	**Calories: 1992** **Protein: 58.8g** **Fat: 66g** **Carbs: 255.2g**
Thursday	**Porridge** Calories: 458 Protein: 15.7g Fat: 14.8g Carbs: 74.5g	**Buddha Bowl** Calories: 418 Protein: 8g Fat: 13g Carbs: 59g	**Pesto Pasta** Calories: 702 Protein: 36.1g Fat: 27.6g Carbs: 69.4g	Calories: 383 Protein: 7.9g Fat: 13.5g Carbs: 59.3g	**Calories: 1961** **Protein: 67.7g** **Fat: 68.9g** **Carbs: 262.2g**
Friday	**Peanut Butter Toast** Calories: 421 Protein: 14g Fat: 12.5g Carbs: 70g	**Fried Rice** Calories: 378 Protein: 14.2g Fat: 8.3g Carbs: 63.5g	**Burger & Fries** Calories: 701 Protein: 25g Fat: 22.8g Carbs: 73g	Calories: 400 Protein: 6.1g Fat: 15.1g Carbs: 61g	**Calories: 1900** **Protein: 59.3 g** **Fat: 58.7g** **Carbs: 267.5g**
Saturday	**Beans on Toast** Calories: 486 Protein: 21.2g Fat: 13.3g Carbs: 68.1g	**Quinoa Salad** Calories: 471 Protein: 26.5g Fat: 16.6g Carbs: 56.5g	**Chickpea Curry** Calories: 757 Protein: 21.8g Fat: 9.9g Carbs: 149g	Calories: 317 Protein: 9.2g Fat: 14.5g Carbs: 44g	**Calories: 2031** **Protein: 78.7g** **Fat: 54.3g** **Carbs: 317.6g**
Sunday	**Chia Pudding** Calories: 335 Protein: 15.5g Fat: 16.7g Carbs: 58.7g	**Tofu Ramen** Calories: 648 Protein: 24.9g Fat: 30.6g Carbs: 57.2g	**Sausage & Mash** Calories: 587 Protein: 22.5g Fat: 19g Carbs: 68g	Calories: 419 Protein: 8.5g Fat: 17.5g Carbs: 47g	**Calories: 1990** **Protein: 62.9g** **Fat: 66.3g** **Carbs: 183.9g**