



The Vegan
**SIMPLE
MEAL
GUIDE**



BREAKFAST IDEAS

212
CALORIES

100G GREEK YOGURT
30G PROTEIN
80G FROZEN FRUIT



271
CALORIES

37.5G WEETABIX
30G PROTEIN
100ML PLANT BASED MILK



284
CALORIES

40G OATS
30G PROTEIN
100ML PLANT BASED MILK



300
CALORIES

2 SLICES OF PLANT BASED
BACON
2 PLANT BASED SAUSAGES
THIN BAGEL



LUNCH IDEAS

307
CALORIES

100G MEAT FREE CHICKEN
1 WRAP
15ML VEGAN MAYO
100G SALAD



418
CALORIES

75G PLANT BASED TUNA
200G POTATO
15ML VEGAN MAYO
100G SALAD



541
CALORIES

100G PLANT BASED MINCE
1/2 CAN VEG CHILLI
125G MEXICAN SPICY GRAINS



219
CALORIES

1/4 PACK VEGAN HAM
1 PITTA
15ML VEGAN MAYO
100G SALAD



DINNER IDEAS

277
CALORIES

3 MEAT FREE SAUSAGES
200G MASHED
POTATOES WITH 100ML
MILK
50ML VEG GRAVY



426
CALORIES

1 PLANT BASED BURGER
200G BAKED CHIPS
100G SALAD



377
CALORIES

100G QUORN VEGAN PIECES
1/4 JAR VEGAN MASALA
100G INDIAN LENTIL DHAL



568
CALORIES

100G PLANT BASED MINCE
100G RAGU
75G GREEN LENTIL PENNE

