

/ day 1 /

breakfast

4

Apple & ginger overnight oats



lunch

7

Black rice salad with smoked tofu

snacks

150g plain soya yogurt with fruit

0

1 tbsp reduced-fat houmous with crudité

2

dinner

10

Korean veggie stir-fry with crispy rice



/ day 2 /

breakfast

7

Oat & banana smoothie

lunch

3

Tomato & nectarine salad



snacks

Apple with 1 tbsp peanut butter
Spicy roasted mixed nuts

3

3



dinner

7

One pot leek, mushroom & pea pasta

/ day 3 /

breakfast

5

Herby scrambled tofu with griddled tomatoes



lunch

3

Satay vegetable noodles



snacks

2 tbsp reduced-fat houmous with crudité
150g plain soya yogurt with fruit

4

0

dinner

9

Sweet & sour cauliflower with rice

/ day 4 /

breakfast

7

Oat & banana smoothie



lunch

3

Tomato & nectarine salad

snacks

1 tbsp reduced-fat houmous with crudité
Spicy roasted mixed nuts

2

3

dinner

8

Chickpea curry flatbread



/ day 5 /

breakfast

5

Herby scrambled tofu with griddled tomatoes

lunch

5

Cauliflower 'rice' burrito bowls



snacks

150g plain soya yogurt with fruit
Spicy roasted mixed nuts

0

3

dinner

9

Sticky hoisin tofu wraps

