

5-day vegan meal plan - Blue

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
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| Baked beans on toast | Perfect porridge | Yogurt breakfast pots | Peanut butter & banana on toast | Mushrooms & tomatoes on toast |
| Serves 1 Prep time 5 mins Cook time 5 mins | Serves 1 Prep time 2 mins Cook time 15 mins | Serves 1 Prep time 10 mins Cook time 10 mins | Serves 1 Prep time 5 mins | Serves 1 Prep time 5 mins Cook time 5 mins |
| 7 Cook 200g tinned baked beans to pack instructions, serve with 1 x 35g toasted slice of wholemeal bread . | 4 Cook 30g porridge oats with 150ml unsweetened soya milk to pack instructions. Top with a handful of sliced strawberries & 2 tsp plain soya yogurt . | 8 Layer 120g Alpro plain yogurt with coconut with 35g Dorset Cereals Simply Delicious Muesli , a handful of berries & 6 chopped almonds | 6 Top 2 toasted slices of calorie controlled bread with ½ tsp peanut butter & 1 sliced banana . | 5 Heat 1 tsp olive oil in a pan, cook ½ crushed garlic clove , 50g sliced mushrooms & 50g halved cherry tomatoes for 5 mins. Serve with 50g slice of toasted sourdough . |
| Aubergine BLT Sandwich | Houmous wrap | Tomato & chickpea salad | Roasted vegetable pasta salad | Aubergine & bean salad |
| Serves 1 Prep time 5 mins Cook time 20 mins | Serves 1 Prep time 5 mins | Serves 1 Prep time 10 mins | Serves 1 Prep time 10 mins Cook time 25 mins | Serves 1 Prep time 10 mins Cook time 5 mins |
| 6 Slice ¼ aubergine into thin slices lengthways. Layer onto a baking tray, brush both sides with ½ tsp olive oil & season with a pinch of smoked paprika . Bake at 230°C for 20 mins or until crisp. Allow to cool. Mash ¼ avocado , toast 35g slice wholemeal bread , then top with the avocado , ½ sliced tomato , 2 Gem lettuce leaves & the cooked aubergine . | 5 Heat 1 WW Wholemeal Wrap to pack instructions, spread with 1 tsp reduced-fat houmous , top with 1 grated carrot , 1 sliced tomato & a handful of rocket . Roll to enclose & serve. | 2 Place 1 thinly sliced tomato , 100g cooked chickpeas , 50g halved cherry tomatoes , 1 sliced radish & a handful of rocket into a bowl. Season. Mix together 1 tsp lemon juice , 1 tsp olive oil , 1 tsp red wine vinegar & a pinch of sumac in a small bowl, mix together then drizzle over the salad. | 4 Mist ¼ red onion , ¼ red pepper , ¼ yellow pepper , ½ courgette , ¼ aubergine (all sliced) with cooking spray & roast at 200°C, fan 180°C, gas mark 6 for 25 mins. Add 3 cherry tomatoes for the final 5 mins. Cook 40g wholewheat pasta to pack instructions. Drain, then toss through the roasted vegetables. Season & serve. | 6 Place ¼ chopped aubergine in a bowl & coat with 1 tsp olive oil . Place a griddle pan over medium-high heat & cook the aubergine for 2-3 mins, until browned. In a bowl mix together the aubergine , 50g cooked green beans , 5g chopped hazelnuts , salad leaves & 1 tsp chopped coriander . Whisk together 1 tsp tahini , 1 tsp plain soya yogurt & the juice of ½ a lemon , drizzle over the salad & serve. |
| Mushroom & quinoa bowl | Mixed veg stir fry | Tofu kebabs with peanut-sriracha sauce | Spinach & coconut dhal | Pho - Eat Out |
| Serves 4 Prep time 5 mins Cook time 25 mins | Serves 4 Prep time 10 mins Cook time 5 mins | Serves 4 Prep time 15 mins Cook time 45 mins | Serves 4 Prep time 5 mins Cook time 25 mins | |
| 9 Mist a frying pan with calorie controlled cooking spray , fry 1 chopped onion for 5 mins, Add 1 crushed garlic clove & 600g chopped mushrooms . Fry for 3 mins. Season, then stir in a pinch of cumin seeds & 280g spinach . Cook until wilted. Divide 600g cooked quinoa between 4 bowls & stir through, divide 100g Violife 100% Greek white block between the bowls. Top with chopped chives . | 10 Cook 200g rice noodles to pack instructions. Meanwhile, boil 300g broccoli florets for 1 min, drain & rinse. Heat a wok over a high heat, add 4 tsp vegetable oil , 1 tsp grated fresh ginger , ¼ tsp chilli flakes stir-fry for 10 secs. Add the cooked broccoli , 6 halved mushrooms , 140g sliced water chestnuts & stir-fry for 1 min. Add 15 halved cherry tomatoes and stir-fry for 15 secs. Season. Add in the cooked rice noodles & 1 pouch of Teriyaki Stir Fry Sauce (we used Morrisons). Toss to coat & heat until warmed through. Divide between 4 bowls & top with chopped coriander . | 8 Boil 4 halved radishes for 5 mins, add 150g broccoli , cook for 1 min, then drain. Pat 396g tofu dry using kitchen paper, cut into 12 cubes. Combine 3 tbsp PBFit Peanut Butter Powder & 2 tbsp water. Stir in 1½ tsp ketchup , 1½ tsp miso paste , 1 tsp lime juice , 1 tsp soy sauce , 5ml sriracha & 1 tsp sesame oil . Thread 2 radish halves , 2 broccoli florets & 3 tofu cubes onto a 25cm skewer. Repeat with the remaining ingredients. Brush the sauce over the skewers & mist with calorie controlled cooking spray . Grill for 2-3 mins, turn & grill for another 2-3 mins. Brush over the remaining sauce, serve with 240g couscous (dry) cooked to pack instructions, divided between 4 plates. | 5 Mist a large nonstick pan with calorie controlled cooking spray , cook 1 diced onion over a medium heat for 6-8 mins. Add 2 crushed garlic cloves , 30g grated ginger & 1½ tsp curry powder & cook, stirring, for 1 min. Add 210g red lentils , then pour in 750ml coconut milk alternative (we used Alpro) Bring the mixture to a boil, reduce the heat & simmer until the lentils are tender. Add 200g spinach to the pan in batches, stirring constantly, until just wilted. Serve with 75g cooked brown rice per plate. | 11 Phở Xào - Tofu & Mushroom |
| Fresh fruit with 150g plain soya yogurt | 1 tsp reduced-fat houmous with vegetable crudités | ¼ mashed avocado with 2 rice cakes | 2 tsp reduced-fat houmous with vegetable crudités | Fresh fruit with 150g plain soya yogurt |
| | WW Crispy Vegetable Straws | Fresh fruit | Fresh fruit | |
| 22 | 23 | 22 | 19 | 22 |