

Dairy Free/Vegan Sample Diet Plan

MONDAY

Lunch: Vegan sausages wrap with cranberry sauce

Snack: Protein miso soup with oatcakes

Shake: Strawberry protein shake (dairy free)

Dinner: Falafel with quinoa, green beans, avocado & tashini dressing

Dessert: Vegan chocolate pudding

Evening Meal: Artichoke salad with vinegrette dressing

Next day breakfast: Vegan protein whey with chia seeds and almond flakes for yoghurt/shake

1739kcal, 144g protein, 54g fat, 188g carbs, 35g fibre

TUESDAY

Lunch: Quinoa and veggie wrap with low fat dressing

Snack: Sweet potatoes croquettes

Shake: Chocolate protein shake (dairy free)

Dinner: Mushroom broccoli stew with mash potatoes

Dessert: Baked apples with walnuts and maple syrup, with cinnamon

Evening Meal: Thai style tofu salad

Next Day Breakfast: Vegan protein whey with nuts for yoghurt/shake

1731kcal, 116g protein, 49g fat, 184g carbs, 38g fibre

WEDNESDAY

Lunch: Meatfree mince wrap

Snack: Sugarfree biscuits

Shake: Berries protein shake (dairy free)

Dinner: Lentil curry with rice

Dessert: Tofu dessert

Evening Meal: Beans salad with pomegranate & herbs dressing

Next Day Breakfast: Vegan protein whey with oats for yoghurt/shake

1744kcal, 128g protein, 60g fat, 173g carbs, 38g fibre

THURSDAY

Lunch: Green vegetables wrap with guacamole

Snack: Vegan protein bar

Shake: Banana protein shake (dairy free)

Dinner: Vegan courgette bolognese with quinoa

Dessert: Sugar free vegan jelly cubes with dairy free custard and fruits

Evening Meal: Beans salad

Next Day Breakfast: Vegan protein whey with nuts for yoghurt/shake

1790kcal, 127g protein, 58g fat, 190g carbs, 41g fibre

FRIDAY

Lunch: Beans wrap with sweet potatoes

Snack: Celery, bell peppers and carrots snack with guacamole

Shake: Strawberry protein shake (dairy free)

Dinner: Sojabeen spaghetti with spinach, sundried tomatoes and basil

Dessert: Vegan protein brownies

Evening Meal: Beetroot & butternut squash salad

Next Day Breakfast: Vegan protein whey with oats for yoghurt/shake

1760kcal, 143g protein, 52g fat, 180g carbs, 48g fibre

SATURDAY

Lunch: Grilled corquette & red pepper wrap

Snack: Tofu sticks with tomatoes & black olives

Shake: Green vegetables protein shake (with coconut water)

Dinner: Vegan burgers with lentils salad

Dessert: Dairy free yoghurt with vegan protein whey and almond flakes

Evening Meal: Marrocan style stirfry chickpeas

Next Day Breakfast: Vegan protein whey with seeds for yoghurt/shake

1792kcal, 141g protein, 60g fat, 172g carbs, 42g fibre

SUNDAY

Lunch: Falafel wrap with hummous and vegetables

Snack: Oatcakes with guacamole

Shake: Chocolate protein shake (dairy free)

Dinner: Veggie rice pilaf with Goji berries

Dessert: Sugar free vegan jelly cubes with dairy free custard and fruits

Evening Meal: Vegan greek salad

Next Day Breakfast: Vegan protein whey with dried fruits for yoghurt/shake

1785cal, 139g protein, 57g fat, 179g carbs, 34g fibre