

GREEN



ALL PLANTS

1500 kcals, 60 grams proteins

Our lighter plant based meal plan. This is the ultimate reset for those that follow a vegetarian diet. Delicious, plant-based meals with all the nutrients needed for optimum health.

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DAY 1

Breakfast *Chocolate smoothie* | V | GF
Banana, cocoa, peanut butter, LF cow milk milk
Kcal: 317 Fat: 16g Carbs: 68g Proteins: 7g

or
Halloumi Baguette
A Healthy breakfast with halloumi baguette, Halloumi & veggies
Kcal: 332 Fat: 18g Carbs: 26g Proteins: 17g

Lunch *Vegan Tikka Masala* | VE
Mix of veggies (green pea, broccoli, potato and carrot) simmered in homemade Indian Tikka Masala paste infused with lots of flavor served with a side of whole-grain rice.
Kcal: 439 Fat: 16g Carbs: 56g Proteins: 16.5g

Snack *Hummus Dip with Carrot & Cucumber Sticks*
Kcal: 346 Fat: 28g Carbs: 20g Proteins: 9g

Dinner *Baked Falafel Bowl* | VE | DF | GF
Flavorful herbed baked falafel pieces on a bed of homemade hummus, with pickled beets, red cabbage, our Mediterranean salad, topped with a special tarator drizzle.
Kcal: 432 Fat: 26g Carbs: 33g Proteins: 14g

DAY 4

Breakfast *Matcha Iced Latte* | V | GF
Banana, LF Cow milk, organic matcha powder, honey.
Kcal: 185 Fat: 3g Carbs: 31g Proteins: 10g

or
Mediterranean Labneh Bowl | V | GF
Base of creamy labneh topped with chopped Mediterranean salad sprinkled with zaatar.
Kcal: 246 Fat: 6g Carbs: 6g Proteins: 12g

Lunch *Vegan Teriyaki Donburi* | VE
Whole grain rice, home-made teriyaki tofu, broccoli, avocado, shredded carrots & cucumbers, roasted mushrooms, with pickled ginger, seed mix & a side of ginger lemon soy sauce.
Kcal: 500 Fat: 25g Carbs: 55g Proteins: 16g

Snack *Fruit Salad with Nuts* | VE | GF
Chopped seasonal fruits in orange juice.
Kcal: 254 Fat: 9g Carbs: 35g Proteins: 7g

Dinner *Winter Buddha Bowl* | VE | GF
Base of baby spinach with quinoa, mixed roasted veggies (eggplant, sweet potato, cauliflower), avocado, beetroot, topped with boiled egg, goat cheese balls and kale sesame chips, served with tahini cilantro lemon.
Kcal: 505 Fat: 23g Carbs: 45g Proteins: 21g

DAY 2

Breakfast *Golden Latte* | VE | GF
Banana, golden spices, honey, LF cow milk.
Kcal: 256 Fat: 3g Carbs: 42g Proteins: 15g

or
Granola bowl with fruits
Greek yogurt topped with seasonal fresh fruits, grain-free granola and drizzled with honey.
Kcal: 421 Fat: 12g Carbs: 70g Proteins: 12g

Lunch *Vegetarian Pad Thai* | VE
With a base of rice sticks - signature sweet-savory flavor, sprinkle of peanuts and tang from lemon, this is a Thai food favorite for good reason.
Kcal: 435 Fat: 11g Carbs: 71g Proteins: 16g

Snack *Soaked Oats with Fruits & Nuts* | VE
Kcal: 273 Fat: 10g Carbs: 26g Proteins: 20g

Dinner *Winter Kale Salad* | GF | V
Massaged kale with quinoa, green onion, red apple slices, roasted sweet potato, crumbled feta, shaved almonds, pomegranate seeds and raisins served with a honey Dijon vinaigrette.
Kcal: 384 Fat: 16g Carbs: 49g Proteins: 14g

DAY 5

Breakfast *Chocolate smoothie* | V | GF
Frozen banana, peanut butter, vanilla, LF cow milk.
Kcal: 396 Fat: 27g Carbs: 34g Proteins: 16g

or
Avocado Egg Tartine | V
hard-boiled egg, avocado mash, pico de gallo, topped with microgreens on sourdough bread.
Kcal: 320 Fat: 17g Carbs: 30g Proteins: 11g

Lunch *Baked Falafel Burger* | VE | DF | GF
Flavorful herbed baked falafel patty on a bed of homemade hummus, with pickled slaw, lettuce, tomato, topped with a special tarator drizzle, served on a whole-wheat burger bun.
Kcal: 420 Fat: 13g Carbs: 50g Proteins: 22g

Snack *Chocolate Chip Oatmeal Cookie* | V
Chocolate chunks in a classic oatmeal cookie.
Kcal: 370 Fat: 29g Carbs: 22g Proteins: 9g

Dinner *Makdous Moghrabieh* | V
Makdous, moghrabieh, freshly chopped zucchini, sun-dried tomato, feta chunks, baby spinach, toasted walnuts in a lemon vinaigrette.
Kcal: 381 Fat: 20g Carbs: 37g Proteins: 13g

DAY 3

Breakfast *Oatmeal Smoothie* | V
Oats, LF cow milk, honey, dates, flax seeds.
Kcal: 398 Fat: 15g Carbs: 62g Proteins: 16g

or
Chia Radiance Bowl
Chia pudding with fruits & nuts.
Kcal: 358 Fat: 23g Carbs: 30g Proteins: 13g

Lunch *Vegetarian Burrito Bowl* | V
Deconstructed Mexican heaven, loaded with brown rice, kidney beans, charred corn, pico de gallo, avocado cream, shredded lettuce, and shredded cheese.
Kcal: 564 Fat: 18g Carbs: 65g Proteins: 28g

Snack *Peanut Butter Explosion* | VE | GF
Satisfying vegan layers of chocolate peanut butter, sliced banana, chia pudding topped with grain-free granola & strawberry.
Kcal: 329 Fat: 18g Carbs: 34g Proteins: 11g

Dinner *Vegetarian Pasta Salad* | V
Whole wheat pasta loaded with grilled veggies (mushroom, eggplant, zucchini and broccoli), herbs, black olives, crumbs of our special feta cheese, served with herby lemon oil.
Kcal: 234 Fat: 7g Carbs: 36g Proteins: 8g

DAY 6

Breakfast *Vegan Strawberry Milkshake* | V | GF
Frozen strawberry, banana, LF cow milk and honey.
Kcal: 156 Fat: 2g Carbs: 30g Proteins: 7g

or
Morning Muesli | VE
Home-made Muesli soaked in cold soya milk topped with sliced seasonal fruits, grain-free granola and honey.
Kcal: 275 Fat: 4g Carbs: 36g Proteins: 9g

Lunch *Vegan Green Curry*
Homemade Green Curry with seasonal veggies and a side of whole-grain rice topped with fresh herbs.
Kcal: 453 Fat: 18g Carbs: 62g Proteins: 10g

Snack *Avocado Cream with Edamame, Cucumber & Carrot Sticks* | VE | GF
Kcal: 298 Fat: 18g Carbs: 25g Proteins: 9g

Dinner *Honey-Cinnamon Pumpkin Lentil Salad* | V | GF
Warm cinnamon-laced pumpkin, greens, purple onion, roasted beetroot & pumpkin, sprinkle of candied walnuts & goat cheese balls, on a base of organic beluga lentils, with a spiced honey ginger vinaigrette.
Kcal: 449 Fat: 29g Carbs: 35g Proteins: 16g