

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>BREAKFAST</b> Power porridge made with organic oats and calcium-fortified soya milk. Add cashew nuts, raisins plus 1tbsp ground flaxseeds for omega-3s</p> <p>Fruit juice</p>	<p><b>BREAKFAST</b> Smoked tofu and mushrooms on wholemeal toast with grilled tomatoes</p> <p>Apricot and cashew smoothie – packed with calcium and protein (see recipe)</p>	<p><b>BREAKFAST</b> Whole wheat breakfast cereal made with soya milk – add apple, blueberries and raspberries. Toast with nut butter and yeast extract</p> <p>Fruit juice</p>	<p><b>BREAKFAST</b> Scrambled tofu (crumble plain tofu into a pan with finely chopped onion. Season and add Tabasco to taste) with baked beans on wholemeal toast</p> <p>Fruit juice</p>	<p><b>BREAKFAST</b> Muesli made with soya milk. Add nuts (brazil nuts, hazelnuts) and fruit (banana, apple, pear), plus 1tbsp ground flaxseeds</p> <p>Fruit smoothie (see recipe)</p>	<p><b>BREAKFAST</b> Veggie sausage sandwich made with a toasted multigrain bagel.</p> <p>Fruit juice</p>	<p><b>BREAKFAST</b> The Full Monty! Veggie sausages, grilled tomatoes, fried mushrooms, baked beans and baked hash browns (see recipe)</p> <p>Fruit juice</p>
<p><b>SNACK</b> Mixed nuts &amp; seeds; almonds, hazelnuts, walnuts, cashews, sunflower and pumpkin seeds – a nutritional powerhouse of a snack!</p> <p>Fresh fruit</p>	<p><b>SNACK</b> Low-fat oat flapjack (look for one with walnuts or apricots – or make your own)</p> <p>Fresh fruit</p>	<p><b>SNACK</b> Oat cakes with mushroom or yeast paté and cherry tomatoes</p> <p>Fresh fruit</p>	<p><b>SNACK</b> Low-fat hummus and raw vegetable sticks (carrot, celery and cucumber)</p> <p>Fresh fruit</p>	<p><b>SNACK</b> Wholemeal crispbread with marmite and/or cashew nut butter</p> <p>Fresh fruit</p>	<p><b>SNACK</b> Flapjack and a banana</p> <p>Fruit smoothie plus 1tbsp ground flaxseeds</p>	<p><b>SNACK</b> Exotic fresh fruit salad (mango, pineapple, grapes, kiwi and papaya)</p>

<p><b>LUNCH</b> Wholemeal ‘Sub’ sandwich made with ‘chicken style’ soya pieces or vegetarian sausage, Plamil mayonnaise, cucumber, tomato and lettuce</p> <p>Fruit soya yoghurt</p>	<p><b>LUNCH</b> Homemade pizza (ready-made base topped with tomato paste and thinly sliced onion, courgette, mushroom and herbs, sprinkled with nutritional yeast flakes)</p> <p>Fresh fruit</p>	<p><b>LUNCH</b> Chunky vegetable and lentil soup with two wholemeal rolls filled with salad leaves and omega-3 vinaigrette (mix olive oil, flax oil, balsamic vinegar, Dijon mustard, garlic and maple syrup – keeps in fridge for 2 weeks)</p> <p>Fruit soya yoghurt</p>	<p><b>LUNCH</b> Giant spicy bean burger with salad in a wholemeal bap served with a heap of crunchy coleslaw (shredded carrot and cabbage with raisin, cashews, pine nuts and Plamil mayonnaise)</p> <p>Fresh fruit</p>	<p><b>LUNCH</b> Wholemeal pitta bread stuffed with falafel, sliced tomatoes, lettuce, cucumber, olives and tahini (sesame seed paste – a good source of calcium)</p> <p>Fruit soya yoghurt</p>	<p><b>LUNCH</b> Baked sweet potato with spicy chilli beans and a spoon of plain soya yogurt served with salad leaves dressed with an omega-3 vinaigrette</p> <p>Fresh fruit salad</p>	<p><b>LUNCH</b> Easy Nut Roast (see recipe) with roast potatoes, sweet potatoes and parsnips and steamed shredded cabbage or curly kale with gravy.</p> <p>Baked apple stuffed with raisins and cinnamon.</p>
<p><b>SNACK</b> Seaweed peanut crackers (seaweed is a good source of iodine)</p> <p>Fresh fruit</p>	<p><b>SNACK</b> Mixed nuts, seeds and dried fruit (cashew nuts, almonds, hazelnuts, walnuts, sunflower, pumpkin seeds, raisins and apricots)</p>	<p><b>SNACK</b> Cereal bar</p> <p>Fresh fruit</p>	<p><b>SNACK</b> Flapjack</p> <p>Fresh fruit</p>	<p><b>SNACK</b> Mixed nuts, seeds and dried fruit</p>	<p><b>SNACK</b> Trail mix</p> <p>Fresh fruit</p>	<p><b>SNACK</b> A few squares of dark chocolate – good source of iron</p>

<p><b>DINNER</b> Shepherd's (Soyapicker's) Pie made with soya mince, mushrooms and red lentils topped with a mix of mashed potato, sweet potato and swede</p> <p>Serve with rich onion gravy (see recipe) and broccoli or curly kale</p>	<p><b>DINNER</b> Chunky Portabella Mushroom Stroganoff made with onions, garlic, pepper, soya 'cream' and a splash of white wine (see recipe).</p> <p>Serve with a heap of brown rice</p>	<p><b>DINNER</b> Wholemeal pasta bake (broccoli, leek, green bean, onion and mushroom, borlotti or other beans, steamed and baked with pasta in a rich tomato sauce and topped with nutritional yeast flakes)</p>	<p><b>DINNER</b> Chick Pea Balti with brown rice and lime pickle (see recipe).</p> <p>Serve with Raita dip (soya yoghurt, diced cucumber and mint) and a wholemeal chapatti.</p>	<p><b>DINNER</b> Hearty Vegetable Hot Pot made with soya mince, potatoes, carrots, onions, garlic (see recipe) with Quick 'n' Easy Dumplings (see recipe)</p>	<p><b>DINNER</b> Thai green curry (stir fried onion, broccoli, green beans and baby corn with ready made sauce e.g. World Foods Thai Green Curry Sauce and coconut milk) serve with brown rice</p>	<p><b>DINNER</b> Bubble and squeak (use the leftovers from the roast) with veggie sausages and pickle</p>
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**CALORIES**

**Daily total of 2,600 calories (1430-1950 from carbohydrates; 260-390 from protein; 390-780 from fat).**

Figures based on The Food and Agriculture Organisation and World Health Organisation's joint recommendation that 55-75 per cent of total energy comes from carbohydrates, 15-30 per cent from fat and 10-15 per cent from protein.

Joint WHO/FAO expert consultation (2003). Diet, Nutrition and the Prevention of Chronic Diseases (PDF). Geneva: World Health Organization.

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