

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>BREAKFAST 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>BREAKFAST 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>BREAKFAST 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>BREAKFAST 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>BREAKFAST 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>BREAKFAST Veggie sausage sandwich made with a toasted multigrain bagel.</p> <p>Fruit juice</p>	<p>BREAKFAST The Full Monty! Veggie sausages, grilled tomatoes, fried mushrooms, baked beans and baked hash browns (see recipe)</p> <p>Fruit juice</p>
<p>SNACK Mixed nuts & seeds; almonds, hazelnuts, walnuts, cashews, sunflower and pumpkin seeds – a nutritional powerhouse of a snack!</p> <p>Fresh fruit</p>	<p>SNACK Low-fat oat flapjack (look for one with walnuts or apricots – or make your own)</p> <p>Fresh fruit</p>	<p>SNACK Oat cakes with mushroom or yeast paté and cherry tomatoes</p> <p>Fresh fruit</p>	<p>SNACK Low-fat hummus and raw vegetable sticks (carrot, celery and cucumber)</p> <p>Fresh fruit</p>	<p>SNACK Wholemeal crispbread with marmite and/or cashew nut butter</p> <p>Fresh fruit</p>	<p>SNACK Flapjack and a banana</p> <p>Fruit smoothie plus 1tbsp ground flaxseeds</p>	<p>SNACK Exotic fresh fruit salad (mango, pineapple, grapes, kiwi and papaya)</p>

<p>LUNCH 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>LUNCH 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>LUNCH 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>LUNCH 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>LUNCH 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>LUNCH 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>LUNCH 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>SNACK Seaweed peanut crackers (seaweed is a good source of iodine)</p> <p>Fresh fruit</p>	<p>SNACK Mixed nuts, seeds and dried fruit (cashew nuts, almonds, hazelnuts, walnuts, sunflower, pumpkin seeds, raisins and apricots)</p>	<p>SNACK Cereal bar</p> <p>Fresh fruit</p>	<p>SNACK Flapjack</p> <p>Fresh fruit</p>	<p>SNACK Mixed nuts, seeds and dried fruit</p>	<p>SNACK Trail mix</p> <p>Fresh fruit</p>	<p>SNACK A few squares of dark chocolate – good source of iron</p>

<p>DINNER 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>DINNER 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>DINNER 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>DINNER 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>DINNER Hearty Vegetable Hot Pot made with soya mince, potatoes, carrots, onions, garlic (see recipe) with Quick 'n' Easy Dumplings (see recipe)</p>	<p>DINNER 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>DINNER 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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