

MEAL PREP FOR THE WEEK

FOR EASY WEIGHT LOSS

MON

BREAKFAST

Best overnight oats with blueberries & chia seeds

LUNCH

Vegan detox buddha bowl

DINNER

Black bean enchiladas served with a side salad

TUE

Fresh fruit bowl with berries and mango

Carrot & coriander soup

Aloo gobi with bell peppers served with rice or nan bread

WED

Quinoa breakfast porridge with strawberries

Delicious three bean chili

The best vegan meatballs and spaghetti

@karthik

THUR

Vegan breakfast tacos with black beans & sweet potato

Instant pot cream of broccoli soup

Udon noodle stir fry with tofu

FRI

The perfect green smoothie

Easy quinoa burrito bowl

Red lentil dhal with tomatoes served with rice or nan bread

SAT
+
SUN

Tofu scramble or Fresh English muffins

Spring rolls with peanut sauce or beetroot soup

Sweet potato chickpea curry or vegan falafel burger