



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast



Overnight oats wit  
peanuts and  
chocolate



Granola with apple  
puree



Oats and yogurt  
pancakes



Pumpkin  
granola



Oatmeal with  
apple



Whole wheat flour  
crepes



Cocoa and banana  
waffles

Lunch



Bean and bell  
pepper rice



Lentil and walnuts  
salad



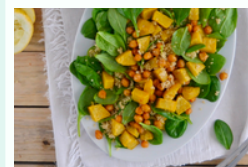
White beans and  
vegetables stew



Chickpea and curry  
burger



Mushroom and  
bean stew



Sweet potato salad  
and crispy  
chickpeas



Mushroom bean  
stew

Snack



Rye and seed  
crackers



Oatmeal and  
banana balls



Carrot and lentil  
hummus



Zucchini and carrot  
scones



Chickpea  
Crackers

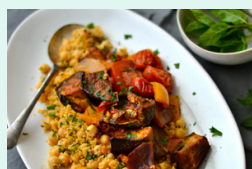


Banana, oats and  
walnuts bread



Oatmeal Protein  
Pancakes

Dinner



Roasted eggplant  
with chickpea  
couscous



Tofu and vegetable  
curry



Leek and zucchini  
pancakes



Black Bean and  
Mango Salad



Peanut and sweet  
potato stew



Couscous with  
roasted pumpkin  
and cauliflower



Mini spinach and  
tofu quiches