

# VEGAN MEAL PLANNER

All recipes marked ● are available at [diabetes.org.uk/recipes](https://diabetes.org.uk/recipes)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Breakfast</b>	<u>Apricot porridge with toasted chia or linseeds</u> with a 85g banana ● <b>284 kcal • 48.9g carbs • 5.9g fibre</b> <b>7.2g protein • 1 Fruit &amp; Veg (F&amp;V)</b>	30g fortified bran flakes with 200ml unsweetened almond milk, 80g blueberries and 30g chopped plain walnuts <b>364 kcal • 30g carbs • 6.4g fibre</b> <b>9g protein • 1 F&amp;V</b>	2 slices of soya and linseed bread with 70g avocado and 80g tomato <b>396 kcal • 26.6g carbs • 12.6g fibre</b> <b>14.4g protein • 1.5 F&amp;V</b>	<u>Apricot porridge with toasted chia or linseeds</u> with a 85g banana ● <b>284 kcal • 48.9g carbs • 5.9g fibre</b> <b>7.2g protein • 1 F&amp;V</b>
<b>Snack</b>	125g plain unsweetened soya yogurt and 80g cantaloupe melon <b>74.5 kcal • 5g carbs • 2.1g fibre</b> <b>5g protein • 1 F&amp;V</b>	2 oatcakes and 30g smooth peanut butter with 5g marmite <b>285 kcal • 17g carbs • 4g fibre</b> <b>11g protein • 0 F&amp;V</b>	30g raisins and a 55g kiwi fruit <b>107 kcal • 26g carbs • 2g fibre</b> <b>2g protein • 1.5 F&amp;V</b>	30g plain Brazil nuts and 30g dried apricots <b>261 kcal • 14g carbs • 5g fibre</b> <b>5g protein • 1 F&amp;V</b>
<b>Lunch</b>	<u>Chilli bean soup with avocado salsa</u> and a 55g kiwi fruit ● <b>206 kcal • 24.3g carbs • 10.5g fibre</b> <b>8.6g protein • 2.5 F&amp;V</b>	<u>Five spiced tofu goujons</u> with mixed salad made of 20g rocket, 80g cherry tomatoes and 80g sliced red pepper ● <b>304 kcal • 21.1g carbs • 7.5g fibre</b> <b>20.4g protein • 2 F&amp;V</b>	<u>Kale and green lentil soup</u> and a 60g wholemeal pitta bread ● <b>301 kcal • 45.7g carbs • 10.9g fibre</b> <b>15.9g protein • 3 F&amp;V</b>	<u>Tomato, olive, asparagus and bean salad</u> and a small 61g wholemeal roll ● <b>265 kcal • 38.2g carbs • 10.6g fibre</b> <b>11.8g protein • 2 F&amp;V</b>
<b>Snack</b>	85g apple and 30g smooth peanut butter <b>219 kcal • 13g carbs • 3g fibre</b> <b>7g protein • 0.5 F&amp;V</b>	50g <u>Spicy roasted chickpeas</u> ● <b>79 kcal • 8.1g carbs • 2.9g fibre</b> <b>3.9g protein • 0 F&amp;V</b>	125g plain unsweetened soya yogurt with 80g canned pineapple in juice <b>90.5 kcal • 10g carbs • 2.1g fibre</b> <b>5g protein • 1 F&amp;V</b>	2 oatcakes and 30g smooth peanut butter with 5g marmite <b>285 kcal • 17g carbs • 4g fibre</b> <b>11g protein • 0 F&amp;V</b>
<b>Dinner</b>	<u>Andean-style quinoa</u> with 100g vegan quorn pieces, 80g broccoli and 40g boiled spring greens ● <b>654 kcal • 75.3g carbs • 20.3g fibre</b> <b>35.2g protein • 5.5 F&amp;V</b>	<u>Butternut squash and borlotti bean stew</u> and 80g steamed cabbage ● <b>256 kcal • 33g carbs • 24.3g fibre</b> <b>14.4g protein • 6 F&amp;V</b>	<u>Quinoa stuffed butternut squash</u> with 80g tinned kidney beans and 80g broccoli ● <b>427 kcal • 63.5g carbs • 20.6g fibre</b> <b>21.2g protein • 6 F&amp;V</b>	<u>Sweet potato, Chickpea and carrot tagine</u> with <u>cous cous</u> and 80g boiled spinach ● <b>363 kcal • 56.4g carbs • 14.2g fibre</b> <b>13g protein • 4 F&amp;V</b>
<b>Pudding</b>	<u>Coconut rice pudding</u> with 80g blackberries ● <b>226 kcal • 35g carbs • 4.9g fibre</b> <b>6.9g protein • 1 F&amp;V</b>	<u>Barbecued fruit</u> with 125g plain unsweetened soya yogurt ● <b>127.5 kcal • 15.4g carbs • 4.8g fibre</b> <b>5.8g protein • 2 F&amp;V</b>	<u>Apple strudel</u> ● <b>118 kcal • 23.8g carbs • 1.8g fibre</b> <b>2.3g protein • 1 F&amp;V</b>	<u>Mini summer pudding</u> ● <b>190 kcal • 35.3g carbs • 4.9g fibre</b> <b>6.9g protein • 1 F&amp;V</b>
<b>Snack</b>	30g plain walnuts <b>206 kcal • 1g carbs • 1g fibre</b> <b>4g protein • 1 F&amp;V</b>	30g plain Brazil nuts and 80g raspberries <b>225 kcal • 5g carbs • 5g fibre</b> <b>5g protein • 1 F&amp;V</b>	30g plain walnuts with 50g <u>Spicy roasted chickpeas</u> ● <b>285 kcal • 9.1g carbs • 3.9g fibre</b> <b>7.9g protein • 0 F&amp;V</b>	125g plain unsweetened soya yogurt and a 140g orange <b>90.5 kcal • 8g carbs • 3.1g fibre</b> <b>6g protein • 1 F&amp;V</b>
<b>Nut or soya milk</b>	250ml unsweetened soya milk <b>65 kcal • 2.5g carbs • 0g fibre</b> <b>5g protein • 0 F&amp;V</b>	250ml unsweetened soya milk <b>65 kcal • 2.5g carbs • 0g fibre</b> <b>5g protein • 0 F&amp;V</b>	250ml unsweetened soya milk <b>65 kcal • 2.5g carbs • 0g fibre</b> <b>5g protein • 0 F&amp;V</b>	250ml unsweetened soya milk <b>65 kcal • 2.5g carbs • 0g fibre</b> <b>5g protein • 0 F&amp;V</b>
<b>Totals</b>	<b>1934.5kcal • 205g carbs • 47.7g fibre</b> <b>78.9g protein • 11.5 F&amp;V</b>	<b>1705.5 kcal • 132.1g carbs • 54.9g fibre</b> <b>74.5g protein • 12 F&amp;V</b>	<b>1789 kcal • 207.2g carbs • 53.9g fibre</b> <b>73.7g protein • 14 F&amp;V</b>	<b>1803.5 kcal • 220.3g carbs • 47.7g fibre</b> <b>65.9g protein • 10 F&amp;V</b>

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	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	30g fortified bran flakes with 200ml unsweetened almond milk, 80g blueberries and 30g chopped plain walnuts <b>334 kcal • 30g carbs • 6.4g fibre 9g protein • 1 F&amp;V</b>	Tofu stuffed mushrooms and 140g orange ● <b>217 kcal • 11.6g carbs • 6.4g fibre 16.1g protein • 3 F&amp;V</b>	Banana and berry smoothie – blend 85g banana, 80g blueberries, 100ml unsweetened soya milk, 125g plain unsweetened soya yogurt and 1tbsp linseeds <b>234.5 kcal • 27g carbs • 6.1g fibre 11g protein • 1 F&amp;V</b>
<b>Snack</b>	2 oatcakes with 30g smooth peanut butter and 10g marmite <b>298 kcal • 18g carbs • 4g fibre 13g protein • 0 F&amp;V</b>	Muesli energy bar ● <b>101 kcal • 15.2g carbs • 2.4g fibre 3g protein • 0 F&amp;V</b>	85g apple and 30g almonds <b>221 kcal • 11g carbs • 3g fibre 6g protein • 1 F&amp;V</b>
<b>Lunch</b>	160g baked sweet potato with savoy coleslaw and summer vegetables with citrus dressing ● <b>354 kcal • 56.9g carbs • 16.3g fibre 10.8g protein • 2 F&amp;V</b>	Mulligatawny soup and a 55g kiwi fruit ● <b>159 kcal • 28.5g carbs • 4.3g fibre 5.6g protein • 1.5 F&amp;V</b>	Spicy bean quesadilla and 20g mixed salad leaves and 80g sliced pepper ● <b>385 kcal • 51.9g carbs • 14.9g fibre 18g protein • 3 F&amp;V</b>
<b>Snack</b>	80g cantaloupe melon and a 55g kiwi fruit <b>47 kcal • 10g carbs • 2g fibre 1g protein • 1.5 F&amp;V</b>	110g plums and 30g plain walnuts <b>246 kcal • 11g carbs • 3g fibre 5g protein • 1 F&amp;V</b>	140g orange and 50g Spicy roasted chickpeas ● <b>117 kcal • 16.1g carbs • 4.9g fibre 4.9g protein • 1.5 F&amp;V</b>
<b>Dinner</b>	Vegetable ragu and pasta with 20g rocket leaves ● <b>425 kcal • 69.3g carbs • 17.1g fibre 19.4g protein • 4 F&amp;V</b>	Vegan stack burger with 20g rocket leaves ● <b>395 kcal • 55.5g carbs • 15.8g fibre 17.7g protein • 4 F&amp;V</b>	Barley and wild mushroom risotto, 80g boiled spinach and 80g broccoli ● <b>354 kcal • 59.9g carbs • 6.4g fibre 13.7g protein • 4 F&amp;V</b>
<b>Pudding</b>	Coconut rice pudding and 80g blackberries ● <b>226 kcal • 35g carbs • 4.9g fibre 6.9g protein • 1 F&amp;V</b>	Stuffed baked apples and 125g plain unsweetened soya yogurt and 30g raisins ● <b>258.5 kcal • 37.9g carbs • 4.3g fibre 8.8g protein • 2 F&amp;V</b>	Mini summer pudding ● <b>190 kcal • 35.3g carbs • 4.9g fibre 6.9g protein • 1 F&amp;V</b>
<b>Snack</b>	50g Spicy roasted chickpeas ● <b>79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0.5 F&amp;V</b>	2 oatcakes with 30g smooth peanut butter and 5g marmite <b>285 kcal • 17g carbs • 4g fibre 11g protein • 0 F&amp;V</b>	2 oatcakes with 30g smooth peanut butter and 10g marmite <b>298 kcal • 18g carbs • 4g fibre 13g protein • 0 F&amp;V</b>
<b>Milk</b>	250ml unsweetened soya milk <b>65 kcal • 2.5g carbs • 0g fibre 5g protein • 0 F&amp;V</b>	250ml unsweetened soya milk <b>65 kcal • 2.5g carbs • 0g fibre 5g protein • 0 F&amp;V</b>	250ml unsweetened soya milk <b>65 kcal • 2.5g carbs • 0g fibre 5g protein • 0 F&amp;V</b>
<b>Totals</b>	<b>1828 kcal • 229.8g carbs • 53.6g fibre 69g protein • 10 F&amp;V</b>	<b>1726.5 kcal • 179.2g carbs • 40.2g fibre 72.2g protein • 11.5 F&amp;V</b>	<b>1864.5 kcal • 221.7g carbs • 44.2g fibre 78.5g protein • 11.5 F&amp;V</b>

All dairy alternative products should be fortified with calcium and vitamin B12.

We have used soya milk – but you could choose an unsweetened nut or oat milk if you prefer. The nutritional content will be different so check the label.

## SHOPPING LIST

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