

NUTRITION PLAN

LACTOSE INTOLERANCE

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	NUTRITION INFO
MONDAY	BLUEBERRY-TIGERNUT PROTEIN MUESLI + 150 ML LACTOSE-FREE MILK	1 APPLE	PASTA WITH RED WALNUT PESTO	VEGAN VANILLA PROTEIN SHAKE (+ 200 ML LACTOSE-FREE MILK)	QUICK CHICKPEA SALAD (MAKE A DOUBLE BATCH)	KCAL: 1741 C: 162G P: 83G F: 73G
TUESDAY	CHOCOLATE CHIA PUDDING	1 BANANA	QUICK CHICKPEA SALAD (LEFTOVERS FROM MONDAY)	COCONUT PALEO BAR	VEGAN PROTEIN BREAD WITH BEET HUMMUS (MAKE A DOUBLE BATCH)	KCAL: 1502 C: 161G P: 83G F: 97G
WEDNESDAY	VEGAN PROTEIN BREAD WITH STRAWBERRY JAM (TWO SERVINGS)	PASSIONFRUIT PALEO BAR	POTATO-PARSNIP SOUP (MAKE A DOUBLE BATCH)	VEGAN VANILLA PROTEIN SHAKE (+ 200 ML LACTOSE-FREE MILK)	OVEN-BAKED SALMON WITH PROTEIN CRUST	KCAL: 1667 C: 94G P: 83G F: 88G
THURSDAY	BLUEBERRY-TIGERNUT PROTEIN MUESLI + 150 ML LACTOSE-FREE MILK	1 BANANA	CHILI CON CARNE WITH RICE (MAKE A DOUBLE BATCH)	1 SERVING OF FRUIT SALAD WITH PASSION-FRUIT DRESSING (MAKE A DOUBLE BATCH)	POTATO-PARSNIP SOUP (LEFTOVERS FROM WEDNESDAY)	KCAL: 1789 C: 189G P: 77G F: 68G
FRIDAY	CHOCOLATE CHIA PUDDING	1 APPLE	CHILI CON CARNE WITH RICE (LEFTOVERS FROM THURSDAY)	VEGAN VANILLA PROTEIN SHAKE (+ 200 ML LACTOSE-FREE MILK)	MIXED SALAD WITH ORANGE AND WALNUTS	KCAL: 1785 C: 151G P: 90G F: 81G
SATURDAY	4 SLICES OF VEGAN PROTEIN BREAD + LOW-CARB CHOCOLATE-PEANUT SPREAD	1 BANANA	ZOODLES WITH MUSHROOMS AND POMEGRANATE SEEDS (MAKE A DOUBLE BATCH)	FRUIT SALAD WITH PASSIONFRUIT DRESSING (+ 200G OF SOY YOGURT)	BURRITO WITH RICE AND BEAN FILLING	KCAL: 1429 C: 144G P: 74G F: 70G
SUNDAY	PROTEIN PANCAKES (WITH VEGAN PROTEIN INSTEAD OF BAKING PROTEIN) + 1 SLICED BANANA ON TOP	1 APPLE	PROTEIN MEATBALLS (+ 100G OF COOKED RICE)	BLUEBERRY PALEO BAR	ZOODLES WITH MUSHROOMS AND POMEGRANATE SEEDS (LEFTOVERS FROM SATURDAY)	KCAL: 1510 C: 111G P: 93G F: 61G