



Vegan Main Meals 6 Day Menu for 1

Day One

Red Lentil & Mixed Bean Casserole
Minted Couscous

Day Two

Spanish Bean Stew
Basmati Rice

Day Three

Roasted Vegetable & Chickpea Curry
Basmati Rice

Day Four

Yellow Vegetable Curry
Coconut & Lime Leaf Rice

Day Five

Spiced Cauliflower & Aubergine Shakshuka
Basmati Rice

Day Six

Two Bean Chilli