

Food habits    Vegetarian (no eggs, no fish, have diary products)

Day	Breakfast	Lunch	Snack	Dinner	Snack	Pain/ Energy
Monday	Nuut shake (with water only) + Apple	Khichari of lentils, rice and quinoa	5 prunes	Daal, carrot +pea sabzi with rice		
Tuesday	Nuut shake (with water only) + Orange	Quinoa with vegetables		Stir fry vegetables with rice		
Wednesday	Nuut shake (with water only) + Apple	Lentils with rice		Vegetable pasta (gluten free)		
Thursday	soaked almonds + Nuut shake (with water only)	Leftover vegetable pasta	Mandarin	Potato pea curry + rice		
Friday	soaked almonds + Nuut shake (with water only)	Beeatroot rissotto		Mexican vegetable rice with nutritional yeast		
Saturday	Chickpea crepes with chutney	Dine out with friends		Sambaar (lentils with carrots and beans) + dosa		
Sunday	soaked almonds + Nuut shake (with water only)	Red kidney beans/ Chickpea curry with rice		Pumpkin soup		

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Day	Breakfast	Lunch	Snack	Dinner	Snack	Pain/ Energy
Monday	Apple	Lentils with rice and vegetables		Cottage cheese curry with vegetables and flat bread		
Tuesday	Banana	Quinoa with vegetables		Stir fry vegetables with rice/ noodles		
Wednesday	Sourdough with smashed avocado	Lentils with rice and vegetables		Vegetable pasta + soup		
Thursday	Pear + figs	Leftover vegetable pasta		Potato curry + pumpkin with flat bread		
Friday	Sourdough with smashed avocado	Lentils + rice		Mexican vegetable rice with cheese		
Saturday	Chickpea crepes with chutney	Quinoa with vegetables		Cottage cheese./ vegetable curry with flatbread		
Sunday	Stuffed vegetable flatbread	Red kidney beans/ Chickpea curry with rice		Haloumi + veggie wrap		

Notes

- A
- I rarely snack between meals. If I do feel hungry, I would usually have turmeric milk
- B
- I tend to have a mix of fresh vegetables but most commonly consumed are capsicums, carrots, peas, corn, broccoli, zucchini, etc. Similarly, I try to include different types of available fruits in my smoothies but most common is bananas, berries and apples.
- C
- Different types of lentils like mung, brown, etc. are rotated throughout the week with either rice or wholemeal homemade flat breads.
- D
- We tend to eat homemade fresh food on most days but sometimes, leftovers are consumed the next day.
- E
- Eating out is typically 1-2 times a week, depending upon social commitments
- F
- Supplements: Vitamin D, Folic acid, multi vitamin containing Vitamin C, Zinc, iron