

# KickStartKitchen

## Vegetarian

### Day 1

**B** :Fruit Granola

**L**:Thai Green Veg Soup  
Veg Bolognese  
Brown Rice

**D**:Lentil Mix  
Moroccan Carrot & Squash Tagine  
Sweet Potato Mash  
Pea & Bean Mix  
Honey & Mustard Sauce

**S**:Strawberry & Banana Smoothie

### Day 2

**B**: Blueberry Porridge

**L**:Minestrone Soup  
Lentil Mix

**D**:Spicy Chick Pea & Coconut Broth  
Wholewheat Noodles  
Kale

**S**: Almonds  
Nakd Bar

### Day 3

**B**:Raspberry Porridge

**L**:5 Bean Mexican Soup  
Wholewheat Pasta  
Pea & Bean Mix

**D**:French Onion Soup  
Brown Rice  
Lentil Mix

**S**:Cashew Nuts  
Spinach, Kiwi Mango & Kale Smoothie

### Day 4

**B**:Strawberry Porridge

**L**:Chick Pea Korma  
Brown Rice  
Kale

**D**:Veg Bolognese  
Cauliflower & Broccoli No Cheese Sauce  
Roasted Mediterranean Vegetables

**S**:Strawberry, Peach, Pineapple & Mango Smoothie

### Day 5

**B**:Goji Berry Porridge

**L**:Thai Green Veg Soup  
Lentil Mix  
(Add to the soup for extra energy )

**D**:5 Bean Mexican  
Brown Rice  
Broccoli  
Tomato & Chilli Sauce

**S**:Mixed Seeds

### Day 6

**B**:Raspberry Porridge

**L**:Spiced Chick Pea & Coconut Broth  
Lentil Mix  
Try mixing all the soup with the Pearl Barley to make a hearty stew pot

**D**:Vegetable Jalfrezi  
Basmati Rice  
Broccoli

**S**:Almonds  
Carrot, Apple, Pineapple & Ginger Smoothie

### Day 7

**B**:Nut Granola

**L**:Minestrone Soup  
Wholewheat Noodles  
Vegetable Spaghetti

**D**:Chick Pea Korma  
Broccoli  
Basmati Rice

**S**: Cashew Nuts  
French Onion Soup