



VEGETARIAN DINNER MENU

“Let food be thy medicine and medicine be thy food.”

Nourish your body with healthy meals that are high protein, gluten free, sugar free but deliciously tasty.

Everything is handmade from scratch in our kitchen at YMCA Gym. St Annes, so you can be sure that there are no nasty e-numbers and preservatives in your food.

All eggs are free range, of course.

Vegetarian

Egg Fried Rice ~ Tasty fried rice and lots of peppers and sweetcorn and vegetables.

Vegetable Chilli ~ Lots of vegetables slow cooked with chilli spices and kidney beans. Served with brown rice and sour cream.

Butternut Squash Risotto ~ A filling, creamy risotto with cubes of butternut squash.

Vegan

Stuffed Red Pepper ~ Falafel stuffed into a red pepper and topped with almonds, served with broccoli.

Nutty stir fry ~ Stir fry vegetables in a nutty sauce made from peanut butter and almond butter.

Bean Stew ~ Tomato based ratatouille with haricot and cannellini beans, carrots and courgettes.

Nut Roast ~ Sweet potato with hazelnuts & almonds and lots of passata and herbs, made into a delicious nutty loaf. Served with vegetables.

Black Bean Burger ~ The best bean burger you have ever had, served with sweet potato and walnut koftas and salad.

Lentil Bolognese ~ Lots of red lentils, carrots, courgettes and mushrooms in a tomato sauce.

Cauliflower and Chickpea Curry ~ Cauliflower, chickpeas, quinoa and lots of turmeric in this home made curry. Served with brown rice.

Fish

Salmon steak – Fish lovers will enjoy this salmon steak served with fried leeks and spring cabbage and cubed roasted potato (or sweet potato if you prefer)

Fishcake – Salmon and cod steaks mixed together with herbs and sweet potato. Served with vegetables or salad.

Cod Steak on Ratatouille – Cod steak on a rich tomato based ratatouille with haricot and cannellini beans

How to order:-

For weekly plans, please order via the website. We will then contact you to discuss your individual dietary requirements and goals.

For take away dinners, please order by telephone 07730 475 968 or email info@athletemealprep.co.uk.

The dinners are £6.50 per meal, including delivery price.

www.athletemealprep.co.uk. Follow us on Facebook and Instagram.