



No Sugar November Weekly Meal Plan - Week 1

	Breakfast	Lunch	Snack	Dinner
Fri 1st Nov	Porridge with/out fruit	Lettuce & Leftovers Soup with mixed seed crackers and hummus	Oat cookies with apple and cinnamon	Chicken Soup Roast chicken, roast potato wedges, roast cauliflower, green salad. Dessert - crumble for kids Apple compote (no sugar)
Sat 2nd Nov	Oat pancakes with berries and yoghurt	Vietnamese Rolls with chicken (leftovers) or salmon * nb peanut butter	Crackers with cottage cheese and grated carrots	We are out. I just need to be careful. Gin & Slimline Tonic*
Sun 3rd Nov	Smashed avocado with poached eggs on toast*	Lettuce & Leftovers Soup with mixed seed crackers and hummus, tuna mayo, egg mayo, smoked mackerel pate and salad	Homemade granola with yoghurt and berries/compote/ apple puree	Beef and Mushroom Pie and Salad Chick Pea and vegetable Pie
Mon 4th Nov	Toast* with peanut butter* and cucumber	Chicken Balls with salad	Smoked mackerel pate or hummus with mixed seed crackers	as above
Tue 5th Nov	Homemade Granola with yoghurt and berries	Chicken Fajitas	kale crisps	Homemade Sushi Either w/o rice or no sushi seasoning*
Wed 6th Nov	Smoothie Bowl with granola, yoghurt, oats	Poke bowl	Oat cookies with apple and cinnamon	Chicken or Black Bean Fajitas
Thur 7th Nov	as above			
* nb sugar in the ingredients				
recipe available on my website	www.quickhealthyfamilymeals.com			