



No Sugar November Weekly Meal Plan - Week 2

	Breakfast	Lunch	Snack	Dinner
Fri 1st Nov	Porridge with/out fruit	Sweetcorn and Chilli Soup with mixed seed crackers and hummus	Blueberry & Lemon Muffins	Roasted Tomato & Pepper Soup, Beef & Mushroom Pie or Mixed Bean, Thyme & Vegetable Pie Dessert - Apple Snow (apple compote folded into 2 whipped egg whites) Gin & Slimline Tonic*
Sat 2nd Nov	Oat pancakes with berries and yoghurt	Mushroom Omelette with salad	Crackers with cottage cheese and grated carrots	Leftovers
Sun 3rd Nov	2 fried eggs on toast* with cherry tomatoes	Shakshuka	Homemade granola with yoghurt and berries/compote/apple puree	Chicken Balls (freezer stash) with salad
Mon 4th Nov	Toast* with peanut butter* and cucumber or apple	Sweetcorn & Chilli Soup with mixed seed crackers and tuna mayo*	Roast Cauliflower	Chick Pea & Vegetable Curry or Cauliflower Cheese (freezer stash)
Tue 5th Nov	Homemade Granola with yoghurt and berries	Curry leftovers from last night's dinner	Kale Crisps	Homemade Sushi Either w/o rice or no sushi seasoning*
Wed 6th Nov	egg mayo* on toast with tomatoes	Poke bowl	Oat cookies with apple and cinnamon	Poached Salmon Noodles
Thur 7th Nov	egg mayo* on toast with tomatoes	Italian Bean, Tuna, Olive & Tomato Salad Chick Pea & Red Onion Salad	Chocolate Mousse with raspberry or orange	Vegetable Quesadillas
* nb sugar in the ingredients				
recipe available on my website				