

Corona Weekly Meal Plan - Week 6

	Breakfast	Lunch	Snack	Snack	Dinner with pescatarian option
Mon	Fried egg on Sourdough Toast	BBQ leftovers	Roasted Cauliflower	Dried apple rings and Blueberry Flapjacks	Salmon Ramen with pak choi, spinach and noodles (recipe in development)
Tue	Toast with vegemite and Skyr raspberry yoghurt	Pesto Courgetti with Poached Eggs	Rice Pudding	Banana Cake	Sushi
Wed	Homemade Granola with yoghurt and berries	Poke Bowl	Rice pudding	Mango, pineapple and raspberries	Chicken Fajitas with Caramelised Onions, Pepper and Guacamole
Thur	Porridge with/out fruit	Edamame and chick pea curry with homemade Naan Bread	Popcorn	Spinach Balls and crudites with hummus and guacamole	Salmon Ramen with pak choi, spinach and noodles (recipe in development)
Fri	Toast* with peanut butter* and cucumber or apple	Pea soup with mixed seed crackers and hummus	Kit Kat	Blueberry Flapjacks	Beef (Salmon) Wellington by Dean Apple Strudel with custard
Sat	Breakfast pancakes with berries and yoghurt	Nachos with Guacamole & Tomato Salsa (recipe in development)	Beetroot Muffins	Blueberry Flapjacks	Take away/Leftovers
Sun	Smashed avocado on toast* with poached eggs	Chicken Balls with coleslaw and salad	Bruschetta	Beetroot Muffins	Beef Pad Thai
Recipe available on my website					

	Insta live - beef pad thai plus pics needed for website and video for website		
	Insta video - granola, , Kale Crisps, chicken balls,		Beef Fajitas
	Sweet and Sour Cauliflower Spinach Balls Seitan/Tofu Stir Fry		