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| **Corona Weekly Meal Plan - Week 7** |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner with pescatarian option** |
| **Mon**  | Fried egg on Sourdough Toast | Sweet and Sour Cauliflower Spinach Balls Chick Pea Salad | Banana Cake | Dried apple rings and Blueberry Flapjacks |  Chicken Balls with coleslaw and salad |
| **Tue**  | Toast with vegemite and Skyr raspberry yoghurt | Omelette | Raspberry & Date Bars | Banana Cake | Za'atar Plaice with Greek Salad and boiled obtatoes |
| **Wed**  | Homemade Granola with yoghurt and berries | Egg & Beans on Toast with Tomato & Mushrooms  | Raspberry & Date Bars | Mango, pineapple and raspberries | Fish Tacos or Baja California Cod |
| **Thur**  | Porridge with/out fruit | Thai Salmon Fishcakes with Salads | Popcorn | Spinach Balls and crudites with hummus and guacamole | Beef Pad Thai |
| **Fri**  | Tabbouleh, Cottage Cheese and Crackers | Pea soup with mixed seed crackers and hummus | Kit Kat | Blueberry Flapjacks | Chicken SoupChicken Goujons with Roast potato wedges, roast parsnips and salad |
| **Sat**  | Breakfast Pancakes with Berries and Yoghurt | Shakshuka or Courgette & spinach Fritters | Egg & Veg Brunch Cups | Blueberry Flapjacks | Take away/Leftovers |
| **Sun**  | Smashed avocado on toast\* with poached eggs | Baked potato with tuna and cheese | Bruschetta | Beetroot Muffins | Beef (Salmon) Wellington by Deanand Birthday Cake (Happy 18th Jonah) |
| **Recipe available on my website Recipe in development** |   |   |