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| **Weekly Meal Plan - June 22nd**  |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner with pescatarian option** |
| **Mon**  | Fried egg on Sourdough Toast | Coronation Cauliflower with Quinoa Salad | Banana Cake | Strawberries, Peaches and Popcorn | Vegetable SamosasBeef and Pea Samosas with homemade Naan |
| **Tue**  | Toast with vegemite and Skyr raspberry yoghurt | Smoked Mackerel Pate, & Hummus with Mixed Seed & Quinoa Crackers and Crudités and Tabbouleh |  Cherries, strawberries and Popcorn | Banana Cake | Salmon and Tuna Sushi |
| **Wed**  | Homemade Granola with yoghurt and pear and berry compote | Mushroom Omelette | Courgette and Apple Muffins | Mango, pineapple and raspberries | Herb and Lemon Crusted Salmon with Boiled Potatoes and Salad  |
| **Thur**  | Porridge with/out fruit | Nachos | Kit Kats | Courgette and Apple Muffins | Asher Cooking dinner - Stir Fry Seitan Vegetables with Cashew, Honey and Chilli  |
| **Fri**  | Tabbouleh, Cottage Cheese and Crackers | Pesto Courgetti Salad with poached eggs | Gazpacho | Raspberries and Pears | Sweetcorn and Chilli Soup Cornflake Chicken (cod) and Potato Wedges with Coleslaw |
| **Sat**  | Breakfast Pancakes with Berries and Yoghurt | Shakshuka  | Chocolate and Orange Muffins (Beetroot) | Apple Crisps | Leftovers |
| **Sun**  | Smashed avocado on toast\* with poached eggs | Baked potato with Tuna and Cheese Or Kale, Walnut and Cranberry Salad  | Bruschetta | Chocolate and Orange Muffins (Beetroot) | Online Zoom Cookery Lesson - Join me! Details available at www.quickhealthyfamilymeals.comPea Soup, Bruschetta, Fish Tacos and Apple Crisps |
| **Recipe available on my website Recipe in development** |   |   |