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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 Samosas Beef 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.com Pea Soup, Bruschetta, Fish Tacos and Apple Crisps |
| **Recipe available on my website Recipe in development** | | | |  |  |