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| **Weekly Meal Plan - June 29th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner  with pescatarian option** |
| **Mon** | Fried egg on Sourdough Toast | Pea Soup | Courgette and Apple Muffins | Strawberries, Peaches and Popcorn | Cauliflower and Spinach Daal with Homemade Naan Bread |
| **Tue** | Toast with vegemite and Skyr raspberry yoghurt | Smoked Mackerel Pate, & Hummus with Mixed Seed Crackers and Crudités and Tabbouleh | Cherries, strawberries, and Popcorn | Courgette and Apple Muffins | Salmon Ramen |
| **Wed** | Homemade Granola with yoghurt and pear and berry compote | Nachos | Courgette and Apple Muffins | Mango, pineapple and raspberries | Salmon and Tuna Sushi |
| **Thur** | Porridge with/out fruit | Poke Bowl | Kit Kats | Courgette and Apple Muffins | Vietnamese Spring Rolls with chicken or tofu |
| **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 with Roasted Vegetable Salad with Feta and Herbs | Chocolate and Orange Muffins (Beetroot) | Apple Crisps | OUT FOR DINNER!!!!!!! |
| **Sun** | Smashed avocado on toast\* with poached eggs | Baked potato with Tuna and Cheese or  Tuna Salad | Gazpacho | Chocolate and Orange Muffins (Beetroot) | BBQ - Mixed Spice Chicken Thighs Kale, Walnut and Cranberry salad Roasted Butternut, Spinach & Pecan salad |
| **Recipe available on my website Recipe in development** | | | |  |  |