|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Weekly Meal Plan - July 13th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner  with pescatarian option** |
| **Mon** | Fried egg on Sourdough Toast | Pea Soup with Bruschetta | Banana Cake | Strawberries, Peaches and Popcorn | Tofu Saag with Aubergine |
| **Tue** | Toast with vegemite and Skyr raspberry yoghurt | Fried egg and beans on toast | Cherries, strawberries, and Popcorn | Courgette and Apple Muffins | Salmon and Tuna Sushi |
| **Wed** | Homemade Granola with yoghurt and berry compote | Nachos | Courgette and Apple Muffins | Mango, pineapple and raspberries | Za’atar Plaice with Cauliflower and Pomegranate Tabbouleh |
| **Thur** | Tabbouleh, Cottage Cheese and Crackers | Sun blushed Tomato Salad with Gazpacho | Roast Cauliflower | Banana Cake | Italian Olive and Herb Chicken with sautéed cabbage wedges |
| **Fri** | French Toast with Berries | Kale, Apple and Cranberry Salad, Tabbouleh and Tuna Salad | Gazpacho | Raspberries and Plums | Spinach, Coconut and Chilli Soup  Beef & Mushroom Pie |
| **Sat** | Breakfast Pancakes with Berries and Yoghurt | Shakshuka with Roasted Vegetable Salad with Feta and Herbs | Chocolate and Orange Muffins (Beetroot) | Smoked Mackerel Pate with mixed Seed Crackers | Take away |
| **Sun** | Smashed Avocado on toast\* with poached eggs | Baked potato with Tuna and Cheese or  Tuna Salad | Gazpacho | Chocolate and Orange Muffins (Beetroot) | (Fake) Duck Pancakes or Tofu Pancakes with Crispy Kale and Sweet and Sour Cauliflower |
| **Recipe available on my website Recipe in development** | | | |  |  |