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| **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** |   |   |