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| **Weekly Meal Plan - August 24th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner  with pescatarian option** |
| **Mon** | Fried egg on Sourdough Toast | Roasted Sweet Potato Buddha Bowl with Spicy Chick Peas | Blueberry Flapjacks | Apple Compote with granola | Nachos with Garlic Mushrooms |
| **Tue** | Toast with vegemite and Skyr raspberry yoghurt | Sesame Chicken Toast or Tofu Chicken Toast with Asian Vegetable Salad | Cherries, strawberries and Popcorn | Blueberry Flapjacks | Egg Fried Rice, Fake Duck Pancakes Sweet and Sour Cauliflower |
| **Wed** | Homemade Granola with yoghurt and Apple compote | Pea Soup and  Bruschetta | Courgette and Apple Muffins | Mango, strawberries and raspberries | Vietnamese Spring Rolls with Miso Soup |
| **Thur** | Tabbouleh, Cottage Cheese and Crackers | Vietnamese Spring Rolls with Miso Soup | Roast Cauliflower | Apple Compote with granola | Miso Cod with  Charred Broccoli Salad |
| **Fri** | French Toast with Berries | Poached eggs, avocado on Toast made by my kids for my Birthday | Skyr yoghurt with Granola | Raspberries and Watermelon | Birthday Dinner catered by Fabienne |
| **Sat** | Breakfast Pancakes with Berries and Yoghurt | Tabbouleh, falafel and Salad | Chocolate and Orange Muffins (Beetroot) | Apple Crisps | Take away/Out for dinner |
| **Sun** | Smashed Avocado on toast\* with poached eggs | Courgette and Spinach Fritters with Kale, Cranberry & Quinoa Salad | Raspberries and Watermelon | Chocolate and Orange Muffins (Beetroot) | Chicken Nuggets with Potato Wedges with Broccoli and Cauliflower |
| **Recipe available on my website Recipe in development** | | | |  |  |