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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 PancakesSweet 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** |   |   |