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| **Weekly Meal Plan - August 17th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner  with pescatarian option** |
| **Mon** | Fried egg on Sourdough Toast | Pea Soup and  Bruschetta | Blueberry Flapjacks | Apple Compote with granola | Ponzu Chicken Thighs Satay Tofu Sticks with Broccoli, Pomegranate and Cashew Salad |
| **Tue** | Toast with vegemite and Skyr raspberry yoghurt | Chicken or Salmon Balls with Salad | Cherries, strawberries, and Popcorn | Blueberry Flapjacks | Egg Fried Rice with Teriyaki Chicken or Salmon |
| **Wed** | Homemade Granola with yoghurt and Apple compote | Pea Soup and  Bruschetta | Courgette and Apple Muffins | Mango, strawberries, and raspberries | Beef or Vegetable Samosas served with Egg Fried Rice |
| **Thur** | Tabbouleh, Cottage Cheese and Crackers | Chicken or Salmon Balls with Salad | Roast Cauliflower | Apple Compote with granola | Poached Salmon Noodles |
| **Fri** | French Toast with Berries | Tabbouleh, falafel and Salad | Skyr yoghurt with Granola | Raspberries and Watermelon | Out for dinner at Friends |
| **Sat** | Breakfast Pancakes with Berries and Yoghurt | Roasted Sweet Potato Buddha Bowl with Spicy Chick Peas | Chocolate and Orange Muffins (Beetroot) | Apple Crisps | Take away/Out for dinner |
| **Sun** | Smashed Avocado on toast\* with poached eggs | Shakshuka with Feta and Herbs | 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** | | | |  |  |