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| **Weekly Meal Plan - October 26th** |
|  | **Breakfast** | **Lunch with vegan option** | **Packed LunchNo nuts no meat** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Fried Egg on Sourdough | Sumac Roasted Carrot & Sweet Potato Soup | Cottage Cheese or vegan mushroom pate on Mixed Seed crackers | Beef and Mushroom Strudel or Spinach & Mushroom and Chimichurri Steak served with Garlic Roasted Cauliflower |
| **Tue**  | Porridge with berries, nuts and seeds | Falafel with Hummus and Tabbouleh | Raspberry & Date Bars | Sushi with Edamame and Miso Soup and Ottolenghi Roasted Miso Onions |
| **Wed**  | Tabbouleh and Cottage Cheese on Mixed Seed Crackers | Poke Bowl with Veggie gyoza | Popcorn | Baked Potato with Tuna, Beans & Cheese or Za'atar Plaice with Greek Salad |
| **Thur**  | Greek Yoghurt with Granola and Berries | Smoked Salmon on Spring Onion Blinis with Salad | Spiced Pears and Apple with yoghurt | Poached Salmon Noodles |
| **Fri**  | Boiled Eggs with Sourdough Soldiers | Brussels Sprouts and Chestnut Salad with Za'atar Chickpea Salad and Spinach, Pomegranate & Pumpkin Seed Salad | Strawberries and Blackberries | Out for dinner |
| **Sat**  | Oat pancakes with berries and yoghurt | Yuzu Salmon (Seitan) Stir Fry | Spiced Pears and Apple with yoghurt | Out for dinner |
| **Sun**  | French Toast with Fresh Berries | Veggie Fry Up - Mushroom, Beans, Egg, Tomatoes, Sausage or Shakshuka? | Figs or Persimmon | Chinese Fake away - Sesame Chicken (tofu) Toast, Spinach Balls, Sweet & Sour Cauliflower Vegetable Gyoza and Edamame |
| **Recipe available on my website Recipe in development** |   |   |

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