|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Weekly Meal Plan - October 26th** | | | | | |
|  | **Breakfast** | **Lunch with vegan option** | **Packed Lunch No 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** | | | |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | | | |  |  |