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| **Weekly Meal Plan - December 7th** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed Lunch No nuts no meat** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on Sourdough | Chunky Vegetable Soup with Beans on Toast | Banana Rollups and Tomato Pasta | Chunky Vegetable Soup | Black Bean Fajitas/Tacos with coleslaw, guacamole and pickled red onion |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Teriyaki Beef Stir Fry (with leftover Beef from Sunday night) | Egg Pitta/Hummus and Chick Pea Pitta | Kiwi and Apple Crisps | Sushi with edamame |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Poke Bowl | Lettuce and Leftovers Soup with spicy Chickpeas on Mixed Seed Crackers | Pomelo and Crispy Chickpeas | Sausage Rolls with Salad |
| **Thur** | Baked Beans on Toast | Lettuce and Leftovers Soup with spicy Chickpeas on Mixed Seed Crackers | Vegetarian Sausage Rolls with Salad | Dried apple crisps and Skyr yoghurt | Tzatziki Plaice with Greek Salad  or Jacket Potatoes with beans and cheese |
| **Fri** | Greek Yoghurt with Granola and Berries | Chicory, Radicchio and Blood Orange Salad | n/a | Blueberry Flapjacks | (Air fryer) Chicken (Tofu) Nuggets with (Air Fryer chips) #fakeaway |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Falafel/Mushroom Shwarma with Coleslaw, Israeli salad and Hummus | n/a | Blueberry Flapjacks | OUT FOR DINNER WOOHOO |
| **Sun** | French Toast with Fresh Berries | Shakshuka | n/a | Spiced Apple compote with Greek Yoghurt | Zoom Cook-a-Long - JOIN US! Chicken Sesame Toast, Sesame Spinach Balls, Vegetable Samosas, Sweet Potato Bites & Chocolate, Peanut Butter Banana or Date Bites |
| **Recipe available on my website Recipe in development** | | | |  |  |