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| **Weekly Meal Plan - January 18th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on Sourdough | Jacket Potatoes with beans, sweetcorn and tuna or Broccoli and Almond soup with tuna on crackers | Pomelo, Pear or Banana | Berry Smoothie | Beef or Black Bean Fajitas with guacamole and caramelised pepper and onion |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Pea Soup with Tuna Mayo on Mixed Seed Crackers or Mixed Bean Salad | Sesame Chicken/Tofu Toast (freezer stash) | Kiwi and/or Apple Crisps | Salmon Sushi with miso soup, edamame and veg gyoza |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Poke Bowl | Chunky Vegetable Soup | Pomelo and Crispy Chickpeas | Baked Thai Seabass with pak choi, broccoli and rice |
| **Thur** | Baked Beans on Toast | Pea Soup with Tuna Mayo on Mixed Seed Crackers or Mixed Bean Salad | Chicken Wings / Avocado on crackers | Dried Apple crisps and Skyr yoghurt | Ponzu Chicken (seitan) Egg (mushroom) Fried Rice and Miso Aubergine |
| **Fri** | Greek Yoghurt with Granola and Berries | Vegetable Samosas with egg (mushroom) fried rice | That quartered tortilla thing everyone is doing | Blueberry Flapjacks | Roast Chicken (Butterbean stew- freezer stash) with potato wedges, Roasted Brussels Sprouts and Roasted Cauliflower |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Falafel/Mushroom Shwarma with Coleslaw, Tabbouleh and Hummus | Kit Kat or Satsumas | Blueberry Flapjacks | Take Away |
| **Sun** | French Toast with Fresh Berries | Leftovers | Pear or Banana | Spiced Apple compote with Greek Yoghurt | Sweetcorn and Spinach Fritters with mixed green salad |
| **Recipe available on my website Recipe in development** | | | |  |  |