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| **Weekly Meal Plan - January 25th** |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner with Vegan option** |
| **Mon**  | Fried Egg on Sourdough |  Broccoli and Almond soup with tuna on crackers | Pineapple, passion fruit or Banana | Berry Smoothie | Vegetable Lasagne |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Pea Soup with Tuna Mayo on Mixed Seed Crackers or Mixed Bean Salad | Spiced Pear Compote and Greek Yoghurt | Kiwi and/or Apple Crisps | Satay Chicken (seitan) Egg (mushroom) Fried Rice and Miso Brussel Sprouts  |
| **Wed**  | Smoked Salmon on Sourdough with cucumber | Cauliflower Soup with Chick Pea Salad | Fried bananas | Popcorn | Salmon Sushi with miso soup, edamame and veg gyoza |
| **Thur**  | Baked Beans on Toast | Poke Bowl | Spring Rolls | Dried Apple crisps and Skyr yoghurt | Tzatziki Plaice with Greek Salad (or vegetable lasagne) |
| **Fri**  | Greek Yoghurt with Granola and Berries | Asian Vegetable Broth  | Apple and Honey Muffins | Blueberry Flapjacks | One Pot Shwarma Chicken with Rice and Chick Peas  |
| **Sat**  | Breakfast Berry Pancakes with Yoghurt | Leftovers | Apple & Honey Muffins and Satsumas | Spiced Pear compote with Greek Yoghurt | Take away |
| **Sun**  | French Toast with Fresh Berries | Shwarma Chicken or Falafel with coleslaw and Israeli Salad |  Pear or Banana | Blueberry Flapjacks |  Courgette & Spinach Fritters or Mushroom, Spinach and Pine Nut Strudel with Radicchio, & Blood Orange Salad |
| **Recipe available on my website Recipe in development** |   |   |