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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** | | | |  |  |