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| **Weekly Meal Plan - January 4th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on Sourdough | Jacket Potatoes with Beans and tuna or Broccoli and Almond soup with tuna on crackers | Pomelo, Pear or banana | Berry Smoothie | Cauliflower and Spinach Dhal with naan |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Chicken sweetcorn & Noodle Soup | Hummus and Crudités | Kiwi and Apple Crisps & persimmon | Salmon Ramen (Tofu Ramen) with courgetti/noodles/ carrots and sugar snap peas |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Lettuce and Leftovers Soup with spicy Chickpeas on Mixed Seed Crackers | Berry& Banana Smoothie | Pomelo and Crispy Chickpeas | Teriyaki Chicken (seitan) with noodles and pak choi |
| **Thur** | Baked Beans on Toast | Miso Aubergine with Fake Duck Turkey pancakes | Melon and raspberries | Dried apple crisps and Skyr yoghurt | Tzatziki Plaice with Greek Salad and cous cous or Vegetable Tagine (freezer stash) |
| **Fri** | Greek Yoghurt with Granola and Berries | Whole Roasted Celeriac, Celeriac Salad, Brussel Sprouts and Chestnut Salad | Curried Cauliflower Soup | Blueberry Flapjacks | Chicken Shwarma/Mushroom Shwarma with Coleslaw, Israeli salad and Hummus |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Veggie Fry Up - beans, eggs, mushrooms, veggie sausages | Pears and Apples | Spiced Apple compote with Greek Yoghurt | Take Away |
| **Sun** | French Toast with Fresh Berries | Shakshuka with Tabbouleh | Hummus & Crudites | Spiced Apple compote with Greek Yoghurt | Leftovers |
| **Recipe available on my website Recipe in development** | | | |  |  |