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| **Weekly Meal Plan - February 1st** |
|  | **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 | Cauliflower & Spinach Dhal with Naan |
| **Tue**  | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Pea Soup with Tuna Mayo on Mixed Seed Crackers or Mixed Bean Salad | Chocolate and Banana Muffins | Kiwi and/or Apple Crisps | Chicken or Seitan Pad Thai |
| **Wed**  | Smoked Salmon on Sourdough with cucumber | Buddha Bowl with spicy chick peas and roasted sweet potato | Sweet and Sour Cauliflower | Popcorn | Salmon Sushi with miso soup, edamame and veg gyoza |
| **Thur**  | Baked Beans on Toast | Salmon Ceviche (quorn pieces) with julienne vegetable salad | Avocado on crackers  | Dried Apple crisps and Skyr yoghurt | Sea Bream with parsley, lemon and capers |
| **Fri**  | Greek Yoghurt with Granola and Berries | Broccoli and Almond Soup with Tuna Mayo on Mixed Seed Crackers or Mixed Bean Salad | That quartered tortilla thing everyone is doing | Blueberry Flapjacks | Roast Chicken (Mushroom, Lentil and Pine Nut Strudel) with potato wedges, Roasted Brussels Sprouts and Roasted Cauliflower  |
| **Sat**  | Breakfast Berry Pancakes with Yoghurt | Roasted Red Pepper and Tomato Soup with Basil smash with Italian Bean Salad | Kit Kat or Satsumas | Blueberry Flapjacks | Take Away |
| **Sun**  | French Toast with Fresh Berries | Leftovers |  Pear or Banana | Spiced Apple compote with Greek Yoghurt | Spanakopita with Greek Salad and Chocolate & Banana Muffins |
| **Recipe available on my website Recipe in development** |   |   |