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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** | | | |  |  |