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| **Weekly Meal Plan - February 8th** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on Sourdough | Spanakopita with Greek Salad | Oranges, Pear or Banana | Berry Smoothie | Chinese Spring Rolls, Sweet and Sour Vegetable Noodles, tofu chilli |
| **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 | Salmon Ceviche with Asian vegetable Slaw |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Salmon (Tofu) Yuzu Stir Fry | Peanut Butter on toast | Popcorn | Chicken Fajitas (Black Bean) with guacamole and caramelised pepper and red onion |
| **Thur** | Baked Beans on Toast | Roasted Red Pepper and Tomato Soup with Basil smash with Italian Bean Salad | Avocado on crackers | Dried Apple crisps and Skyr yoghurt | One Pot Chicken (root vegetable) Shwarma with rice and chick peas |
| **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 with sundried tomato, spinach, hummus and avocado | Blueberry Flapjacks | Beef Strudel or Mushroom, Lentil and Pine Nut Strudel with Hassleback Potatoes, Broccoli and Roasted Cauliflower |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Veggie Fry up - sausages, eggs, mushrooms, beans and tomato | Chocolate Orange Muffins Satsumas | Blueberry Flapjacks | Take Away |
| **Sun** | French Toast with Fresh Berries | Leftovers | Chocolate Orange Muffins | Spiced Apple compote with Greek Yoghurt | Zoom Asian Cook-a-Long - JOIN US! Sweet and Sour Cauliflower, Kale Crisps, Satay Skewers, Egg Fried Rice, Vietnamese Spring Rolls |
| **Recipe available on my website Recipe in development** | | | |  |  |