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| **Weekly Meal Plan - March 1st** | | | | | |
|  | **Breakfast** | **Lunch** | **Snack** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Fried Egg on  Sourdough | Jacket Potato with beans, sweetcorn and tuna  or Brussels Sprouts, Spinach and Chestnut Salad with smoked mackerel pate & crackers | Oranges, Grapes or Banana | Berry Smoothie | Edamame & Chick Pea Curry |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon and raisins | Tuna Nicoise Salad with egg, tuna and boiled potatoes | Blueberry Flapjacks | Kiwi and/or Apple Crisps | Cod Goujons with kale crisps (freezer stash Cauliflower & Spinach Dhal for my vegan) |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Vietnamese Spring Rolls | Blueberry Flapjacks | Popcorn | Sushi, edamame, veg gyoza & miso soup |
| **Thur** | Baked Beans on Toast | Falafel with Hummus and coleslaw and pickled red onion | Garlic Mushrooms | Dried Apple crisps and Skyr yoghurt | Bolognese and Veggie Bolognese |
| **Fri** | Greek Yoghurt with Granola and Berries | Black Bean Fajitas | Crudites with Hummus | Raspberry Flapjacks | Italian Olive & Herb Chicken with Roast potatoes and green vegetables |
| **Sat** | Breakfast Berry Pancakes with Yoghurt | Veggie Fry up - sausages, eggs, mushrooms, beans and tomato | Apple & Honey Muffins | Oranges | Take Away |
| **Sun** | French Toast with Fresh Berries | Spanakopita and Greek Salad | Apple & Honey Muffins | Spiced Apple compote with Greek Yoghurt | Vegetable Tagine |
| **Recipe available on my website Recipe in development** | | | |  |  |