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| **Weekly Meal Plan - July 26th** |
|  | **Breakfast** | **Lunch** | **Snack** | **Dinner (no Vegan option)** |
| **Mon**  | Scrambled Egg on Sourdough | Chicken Salad with Freekeh (made with leftover chicken) | Caramelised Bananas | Roast Beef sandwiches made with leftover BBQ beef from the weekend. |
| **Tue**  | Carrot Cake Porridge with Carrot, Cinnamon and Raisins | Tuna Nicoise Salad  | Raspberry & Date Bars | Salmon and Tuna Sushi with cucumber, avocado - miso soup & edamame  |
| **Wed**  | Smoked Salmon on Sourdough with Cucumber | Poke Bowl | Passion Fruit & Strawberries | Nachos - crispy kale, sweetcorn, guacamole, beans, tomato salsa |
| **Thur**  | Baked Beans on Toast | Roasted Aubergine and Tomato Salad  | Nectarines and Berries |  Dukkah Crusted Butternut Squash with Lemon & Herb Seabass and Samphire |
| **Fri**  | Greek Yoghurt with Granola and Berries | Baked Potatoes with Beans & Cheese or Roasted Aubergine and Tomato Salad  | Raspberry & Date Bars  | Cornflake Chicken with Fattoush Salad and Coleslaw and Apple & Berry Strudel |
| **Sat**  | Breakfast Pancakes with Yoghurt & Berries | Shakshuka | Garlic Mushrooms | Out for Dinner |
| **Sun**  | French Toast with Berries | Mushroom Omelette with Spring Greens | Raspberry & Date Bars  | Leftovers |
| **Recipe available on my website Recipe in development Vegan Alternative** |   |   |