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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** | | |  |  |