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| **Weekly Meal Plan - Sept 13th** | | | | | |
|  | **Breakfast** | **Lunch** | **Packed lunch with Vegan options** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Scrambled Egg on  Sourdough | Falafel, Hummus, Pitta and Israeli Salad | Falafel, Hummus, Pitta and Israeli Salad | Berry Smoothie and Garlic Mushrooms | Braised Cabbage Wedges, Dukkah Crusted Butternut and Leek & Kale Pie |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Courgetti Pesto Salad with Poached Eggs | Dukkah Crusted Butternut and Leek & Kale Pie | Melon | Salmon (Mushroom) Ramen with Udon noodles |
| **Wed** | Smoked Salmon on Sourdough with cucumber | Tuna Niçoise Salad | (Mushroom) Ramen with Udon noodles | Greek Yoghurt with Granola and Berries | One Pot Shwarma Chicken with Chick Peas and Rice |
| **Thur** | Fasting/Yom Kippur | Yom Kippur/Fasting | Yom Kippur/Fasting | Yom Kippur/Fasting | Nachos with guacamole, corn, tomato salsa, crispy kale and beans |
| **Fri** | Greek Yoghurt with Granola and Berries | Waldorf Salad with Quinoa and Red Onion, Broccoli & Cashew Salad and Beetroot, Apple & Rocket Salad | Tomato, Mushroom Pasta with Rosemary  Sun-Blushed Tomatoes | Spiced Apple compote with Greek Yoghurt | Chicken (Vegetable) Tagine with Prunes & Apricots with Cous Cous and Baked Apples |
| **Sat** | Breakfast Pancakes with Yoghurt & Berries | Shakshuka | | Raspberry & Date Bars | Out for dinner |
| **Sun** | French Toast with berries | Roasted Tomato & Pepper Soup with Basil Smash and leftovers | | Raspberry & Date Bars | Leftovers |
| **Recipe available on my website Recipe in development Vegan Alternative** | | | |  |  |