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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** |   |   |