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| **Weekly Meal Plan - May 30th** | | | | | |
|  | **Breakfast** | **Lunch** | **Vegan Lunch** | **Snack** | **Dinner with Vegan option** |
| **Mon** | Boiled Eggs on  Sourdough with Asparagus Spears | (Freezer Stash) Fake Duck (Turkey) Pancakes | Vegan Fake Duck Pancakes | Apple Slices or Berries with yoghurt | Shwarma (Mushroom) Chicken with Aubergine Salad & Israeli Salad in pitta |
| **Tue** | Carrot Cake Porridge with grated carrot, cinnamon & raisins | Shwarma (Mushroom) Chicken with Aubergine Salad & Israeli Salad in pitta | Mushroom Shwarma with Aubergine Salad & Israeli Salad in pitta | Greek Yoghurt with Granola and Berries | Poached Salmon Noodles Freezer Stash Vegan Cauliflower Cheese |
| **Wed** | Cheese on Toast with tomato | Poached Salmon Noodles | Minestrone Soup | Egg mayo on crackers | Black Bean Fajitas |
| **Thur** | Baked Beans on Toast | Pesto Courgetti Salad with poached egg | Pesto Courgetti Salad with Mixed Bean Salad | Air Fryer Smoky & Spicy Roasted Cauliflower | Out for Dinner |
| **Fri** | Greek Yoghurt with Granola and Berries | Mushroom Omelette | Chilli with rice & avocado | Garlic Mushrooms | Chicken Shwarma, Volcano Salad, Dukkah Butternut Squash with Tahini Yoghurt, Tabbouleh, Coleslaw & Roast potatoes |
| **Sat** | Breakfast Pancakes with Yoghurt & Berries | Falafel with Coleslaw, Tabbouleh & Israeli Salad | | Chocolate Brownies | Out for dinner |
| **Sun** | Crepes with Banana & Berries | Shakshuka with pitta | | Chocolate Orange (Beetroot) Muffins | Leftovers |
| **Recipe available on my website Recipe in development** | | |  |  |  |