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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 NoodlesFreezer 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**  |  |   |   |