



	MONDAY (bank holiday)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Overnight chia oats	Overnight chia oats (leftover)	Mango avocado green smoothie	Porridge with seeds and almond butter	Fruit, yogurt, nuts and seeds	Scrambled eggs/ tofu and avocado	Smokey baked beans and toast
Snack	Houmous and veg sticks (PREP SUNDAY)	Chocolate trail mix	Houmous and veg sticks	Coconut yoghurt with pomegranate	Boiled eggs OR tahini and veg sticks	Chocolate trail mix	Apple and almond butter
Lunch	Dahlicious soup (PREP SUNDAY)	Stuffed peppers (leftover)	Mushroom, pesto pasta salad (leftover)	Dahlicious soup (leftover)	Quinoa, beetroot, watercress salad with courgette ribbons (PREP THURSDAY)	Quinoa salad (leftover)	Roasted vegetable salad wraps
Snack	Lemon maca maca energy balls (PREP SUNDAY)	Banana dipped in mixed sunflower, pumpkin and sesame seeds	Banana dipped in mixed sunflower, pumpkin and sesame seeds	Lemon maca maca energy balls	Coconut yoghurt with pomegranate	Coconut yoghurt with pomegranate	Lemon maca maca energy balls
Dinner	Stuffed Romano peppers and tahini dressing with sweet potato and greens	Mushroom, pesto pasta	Bean chilli tacos	Buried sweet potato	Harissa roasted vegetables with toasted walnuts	Curry in a hurry with rice	Raw pad thai
Notes	Leftover peppers for lunch on Tuesday	Leftover pasta as salad for lunch on Weds	Leftover chilli for dinner on Thursday	Make salad for lunch tomorrow. Boil eggs.	Leftover roasted veg will be lunch on Sunday	Optional: make baked beans ready for breakfast on Sunday	