

WEEKLY MEAL PLAN 11

	Breakfast	Morning Snack	Kids Lunch	Parents Lunch	Afternoon Snack	Dinner
MONDAY	HOMEMADE GRANOLA WITH VEGAN VANILLA YOGURT	FRESH FRUIT	SANDWICH WITH HOMEMADE LEMON PARSLEY HUMMUS AND VEGGIES POMEGRANATE SEEDS	SANDWICH WITH HOMEMADE LEMON PARSLEY HUMMUS AND VEGGIES	GOJI BERRY BALLS FRESH FRUIT	CORN, AVOCADO AND BEAN SALAD WITH VINAIGRETTE
TUESDAY	WHOLEWHEAT TOAST WITH ALMOND BUTTER AND BANANA SLICES	EDAMAME AND LEMONY CARROT STICKS	PLANT BASED MAKI GRAPES	PLANT BASED MAKI	BANANA KALE COCONUT SMOOTHIE	ITALIAN CANNELLINI BEAN SOUP WITH TOASTED GARLIC BREAD FRESH FRUIT
WEDNESDAY	QUINOA FLAKES WITH MIXED BERRIES AND CHIA	RAW APRICOT BALLS	SANDWICHES WITH CHICKPEA SPREAD AND SALAD LEAVES	SANDWICHES WITH CHICKPEA SPREAD AND SALAD LEAVES	FRESH FRUIT	VEGAN VEGGIE MOUSSAKA
THURSDAY	OVERNIGHT ROLLED OATS WITH CINNAMON, BLUEBERRIES AND CHIA SEEDS	CRUNCHY SALAD WRAPS	VEGGIE WRAPS ORANGE SLICES	MOUSSAKA LEFTOVERS	GOJI BERRY BALLS FRESH FRUIT	COCONUT RICE WITH PEAS, HERBS AND SWEET TOFU
FRIDAY	CEREAL WITH RICE MILK AND FRESH FRUIT	FRESH FRUIT	PITA BREAD WITH FAKE EGG SALAD EDAMAME	PITA BREAD WITH FAKE EGG SALAD	RAW APRICOT BALLS	PIZZA NIGHT BANANA ICE CREAM
SATURDAY	QUINOA WITH FROZEN BLUEBERRIES AND CRANBERRIES	FRESH MORNING MELON JUICE	PAN-FRIED POLENTA TRIANGLES WITH MUSHROOM MEDLEY		FRESH FRUIT	MIXED SALAD GREENS WITH TANGERINE CASHEW DRESSING
SUNDAY	BERRY-LICIOUS ACAI BOWL WITH OVERNIGHT STEEL CUT OATS	CARROT ORANGE APPLE JUICE	CREAMY BROWN RICE PUMPKIN RISOTTO		RAW FRUIT TARTS	BABY SPINACH WITH STRAWBERRIES DRESSING AND POPPY SEEDS