

WEEKLY MEAL PLAN 10

| | Breakfast | Morning Snack | Kids Lunch | Parents Lunch | Afternoon Snack | Dinner |
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| MONDAY | OVERNIGHT STEEL CUT OATS WITH GRATED PEAR AND BLUEBERRIES | APPLE SLICES WITH ALMOND BUTTER DIP | PITA BREAD WITH FAKE EGG SALAD COCKTAIL TOMATOES | PITA BREAD WITH FAKE EGG SALAD COCKTAIL TOMATOES | STRAWBERRY MACA SMOOTHIE | KALE AND SWEET POTATO PILAF |
| TUESDAY | BERRY-LICIOUS ACAI BOWL WITH OVERNIGHT STEEL CUT OATS | FRESH FRUIT | VEGGIE WRAP | PILAF LEFTOVERS | MINI PUMPKIN PIES | BABY SPINACH WITH ORANGE TAHINI DRESSING AUSTRIAN PANCAKES |
| WEDNESDAY | WHOLEGRAIN TOAST WITH HONEY AND GRAPEFRUIT HALVES | RAW APRICOT BALLS | CARROT & BELL PEPPER STICKS WITH BUTTERNUT SQUASH DIP PITA BREAD TRIANGLES | CARROT & BELL PEPPER STICKS WITH BUTTERNUT SQUASH DIP PITA BREAD TRIANGLES | ALMOND BANANA SALAD WRAPS | SPICED LENTIL VEGGIE SALAD |
| THURSDAY | QUINOA FLAKES WITH MIXED BERRIES AND CHIA | MINI PUMPKIN PIES | WHOLE GRAIN SANDWICH WITH AVOCADO, LEMON AND BLACK PEPPER GRAPES | SALAD LEFTOVERS WITH WHOLEGRAIN BREAD | PEAR BANANA OAT BREAKFAST SMOOTHIE | MIXED SALAD WITH TOMATOES, AVOCADOS, CUCUMBERS, PEPPERS AND HONEY MUSTARD DRESSING |
| FRIDAY | HOMEMADE GRANOLA WITH FRESH FRUIT AND PLANT BASED MILK | WHOLEGRAIN SANDWICH WITH VEGAN BUTTER AND HONEY | PITA BREAD WITH FAKE EGG SALAD ORANGE SLICES | PITA BREAD WITH FAKE EGG SALAD ORANGE SLICES | RAW APRICOT BALLS | BEST VEGAN TACOS EVER |
| SATURDAY | TOFU SCRAMBLE | REFRESHING GREEN JUICE | GREEN BEANS WITH FENNEL AND TOMATO PASTA | | FRESH FRUIT | PUMPKIN SOUP WITH TOASTED BREAD |
| SUNDAY | LEMON PANCAKES | COLD PRESSED APPLE, KALE, PEAR AND CUCUMBER JUICE | COCONUT CHICKPEA CURRY | | RAW CARROT CAKE | GREEN SALAD WITH TANGERINE CASHEW DRESSING |