

WEEKLY MEAL PLAN 7

	Breakfast	Morning Snack	Kids Lunch	Parents Lunch	Afternoon Snack	Dinner
MONDAY	MY FAVORITE BREAKFAST BOWL	SEASONAL FRUIT	VEGGIE WRAP WITH AVOCADO, CREAM CHEESE, CARROTS AND PEPPERS	VEGGIE WRAP WITH AVOCADO, CREAM CHEESE, CARROTS AND PEPPERS	RAW APRICOT BALLS	ROTINI NOODLES WITH ZUCCHINI PESTO; ROCKET SALAD WITH TOMATOES & CREMA DI BALSAMICO
TUESDAY	WHOLEGRAIN TOAST WITH ALMOND MAPLE BUTTER AND BANANA SLICES	SEASONAL FRUIT	VIETNAMESE RICE PAPER ROLLS	VIETNAMESE RICE PAPER ROLLS	RAW VANILLA STRAWBERRY PUDDING	STUFFED EGGPLANT
WEDNESDAY	QUINOA FLAKES WITH MIXED BERRIES AND CHIA	MOIST FAT-FREE ZUCCHINI MUFFINS	CREAM CHEESE SANDWICH WITH SALAD AND VEGETABLES ORANGE SLICES	LEFTOVER EGGPLANT STUFFING ON WHOLEGRAIN BREAD SLICES	FRESH FRUIT	LENTIL, ROASTED SQUASH AND ROCKET SALAD
THURSDAY	MIXED CEREAL WITH HONEY VANILLA YOGURT	WHOLEWHEAT SANDWICH WITH ALMOND MAPLE BUTTER AND BANANA SLICES	WRAP WITH LEMON GARLIC HUMMUS, LEAVES & JULIENNED CARROTS APPLE SLICES	WRAP WITH LEMON GARLIC HUMMUS, LEAVES & JULIENNED CARROTS APPLE SLICES	SEASONAL FRUIT & TOAST WITH BLACKBERRY JAM	RAW ZUCCHINI PASTA WITH TOFU TOMATO SAUCE
FRIDAY	PEAR BANANA OAT BREAKFAST SMOOTHIE	HOMEMADE GRANOLA WITH VANILLA SOY YOGURT AND BLUEBERRIES	CHIA WRAPS WITH MELTED VEGAN CHEESE AND PEPPERS STRAWBERRIES & DATES	LEFTOVER PASTA	BANANA ICE CREAM TOPPED WITH PUREED FROZEN RASPBERRIES	PIZZA NIGHT OR NIGHT OUT!
SATURDAY	LEMON PANCAKES WITH MAPLE SYRUP	FRESH FRUIT	COCONUT CHICKPEA CURRY FRESH FRUIT		RAW FRUIT TARTS	FRESH WHOLEGRAIN BREAD, DIPS AND VEGETABLES
SUNDAY	WHOLEGRAIN TOAST WITH AVOCADO, ROASTED TOMATOES AND SCRAMBLED TOFU	CITRUS SALAD WITH HONEY	RED BEANS AND RICE		MOIST FAT-FREE ZUCCHINI MUFFINS	GREEN SALAD WITH TANGERINE CASHEW DRESSING