

WEEKLY MEAL PLAN 13

	Breakfast	Morning Snack	Kids Lunch	Parents Lunch	Afternoon Snack	Dinner
MONDAY	CEREAL WITH FRESH BLUEBERRIES AND COCONUT FLAKES	LEMONY CARROTS WITH HOMEMADE LEMON PARSLEY HUMMUS	ALMOND BUTTER BANANA SANDWICHES	CRUNCHY ALMOND BUTTER BANANA SALAD WRAPS	STRAWBERRY, SPINACH AND BANANA SMOOTHIE	BEST VEGAN TACOS EVER
TUESDAY	WHOLE GRAIN TOAST WITH VEGAN BUTTER AND RAW HONEY GRAPEFRUIT HALVES	FRESH SEASONAL FRUIT	QUINOA SALAD WITH AVOCADO DRESSING & PITA BREAD TRIANGLES ORANGE SLICES	QUINOA SALAD WITH AVOCADO DRESSING ORANGE SLICES	FRIED BANANA WITH CHOCOLATE ICE CREAM	ITALIAN CIAMBOTTA
WEDNESDAY	OVERNIGHT ROLLED OATS WITH CINNAMON, FRESH BERRIES AND HEMP SEEDS	EDAMAME AND CRISPY SEAWEED SQUARES	WHOLE GRAIN SANDWICH WITH HM LEMON PARSLEY HUMMUS, RED PEPPERS, TOMATOES AND SALAD LEAVES	CIAMBOTTA LEFTOVERS	BANANA CHOCOLATE CHIP MUFFINS	WARM SALAD WITH BEANS, ASPARAGUS AND POTATOES
THURSDAY	QUINOA FLAKES WITH MIXED BERRIES	FRESH FRUIT SALAD	WHOLE GRAIN SANDWICH WITH AVOCADO, LEMON AND BLACK PEPPER GRAPES	WHOLE GRAIN SANDWICH WITH AVOCADO, LEMON AND BLACK PEPPER GRAPES	CRUNCHY SALAD WRAPS	RED CABBAGE PASTA WITH PINE NUTS
FRIDAY	CEREAL WITH VANILLA YOGURT AND BANANA SLICES AND CHIA SEEDS	CINNAMON MAPLE CREAM- CHEESE ON WHOLEGRAIN MINI BAGEL	WRAP WITH QUICK ROASTED PEPPER HUMMUS AND SALAD LEAVES	PASTA LEFTOVERS	FRESH SEASONAL FRUIT	COCONUT RICE WITH PEAS, HERBS AND SWEET TOFU
SATURDAY	LEMON PANCAKES WITH BLUEBERRIES	FRESH FRUIT	CHILLED CUCUMBER AVOCADO SOUP WITH VEGGIE WRAPS		BANANA COCONUT KALE SMOOTHIE	MIXED GREENS WITH ROASTED MUSHROOMS AND ASPARAGUS AUSTRIAN CARAMELIZED APPLE "SCHMARRN"
SUNDAY	TOFU SCRAMBLE GRAPEFRUIT HALVES	RED BEET STRAWBERRY JUICE	BARLEY MUSHROOM RISOTTO		BANANA CHOCOLATE CHIP MUFFINS	GREEN SALAD WITH TOMATOES, CHICKPEAS & AVOCADO DRESSING FRESH BREAD