

Family Friendly Meal Plan

	Breakfast	Lunch	Dinner	Snack/Dessert
Mon	Breakfast Peanut Slices <i>(Make Sunday night)</i>	Cheese Toastie and Crisps	Easy Creamy Buffalo Sage Pumpkin Lasagne <i>(Serve with a big green salad)</i>	The Best Simple Smoothie Ever <i>*good source of calcium and protein</i>
Tues	Nutty Bananalicious Overnight Oats <i>*good source of protein</i>	Tumeric and Sweet Potato Falafel Peanut Butter Hummus <i>*good source of protein</i>	Prawn-Style Chow Mein <i>*good source of protein</i>	Easy Dessert: Chocolate Yoghurt and Strawberries
Weds	Breakfast Pizza!	Cheatin' Chicken Sandwich	Vegan Chilli <i>(Serve with tacos, lettuce, grated vegan cheese)</i> <i>*good source of protein</i> & Guacamole and Tomato Salsa	Peanut Butter Hot Chocolate
Thurs	Banana Breakfast Muffins <i>*good source of omega-3</i>	Spicy Bean and Veg Soup <i>(Serve with wholemeal bread)</i> <i>*good source of protein</i>	Spaghetti and No Meatballs	Nak'd Almond and Raspberry Cookies
Fri	Fruit and Yogurt Parfait	Pigless Rolls Simple Summer Corn Salad	The Really Hungry Burger & Baked Golden Zucchini Fries	Hummus <i>(Serve with celery and carrot sticks)</i>

<p>Sat</p>	<p>Tofu Scramble <i>*good source of protein and calcium</i></p>	<p>Roasted Red Pepper Soup Cheese on Toast</p>	<p>Spaghetti Bolognese <i>(Serve with mixed salad and crusty bread rolls)</i></p>	<p>No Churn Bakewell Tart Ice Cream</p>
<p>Sun</p>	<p>Vegan Breakfast Waffles <i>*good source of starch, great before exercise</i></p>	<p>Apple and Pear Rosti</p>	<p>Big Puff Pie <i>(Serve with veggies of your choice)</i></p>	<p>Decadent Basmati Rice Pudding</p>

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