

## Love to Cook! Meal Plan

	Breakfast	Lunch	Dinner	Snack/Dessert
Mon	<a href="#">Cinnamon and Raisin Pancakes with Mango Dip</a> <i>*low in fat</i>	<a href="#">Turmeric &amp; Sweet Potato Falafels</a> <a href="#">Roasted Red Pepper Hummus</a> <i>(Serve with carrot, celery and cucumber sticks)</i>	<a href="#">Tempeh Sausage and Heirloom Tomatoes over Black Pepper Cheezy Polenta</a>	<a href="#">Green Power Smoothie</a>
Tues	<a href="#">Ginger Nut Crunch Muesli</a> <i>*good source of fibre</i>	<a href="#">BBQ Pulled Jackfruit</a>	<a href="#">Mixed Root Vegetable Gnocchi in Sage-Pistachio Pesto</a> <i>(Serve with a green leafy salad)</i>	<a href="#">Pumpkin Seed and Sundried Tomato Pesto</a>
Weds	<a href="#">Peach and Blackberry Overnight Oatmeal with Chia Seeds</a> <i>(Make Tuesday night)</i> <i>*good source of protein *nutritionally balanced</i>	<a href="#">Vegan Feijoada</a>	<a href="#">Speedy Sweet Potato Quesadillas</a> <a href="#">Guacamole and Tomato Salsa</a>	<a href="#">Fruit Nigiri Sushi</a>
Thurs	<a href="#">Butternut Squash Bread</a> <i>(Make Wednesday night)</i> <i>*good source of fibre</i>	<a href="#">Minty Vietnamese Summer Rolls</a>	<a href="#">Lentil Lasagne</a> <a href="#">Simple Summer Corn Salad</a>	<a href="#">Kale and Kalamata Olive Tapenade</a>
Fri	<a href="#">Vegan Breakfast Waffles with fruit and maple syrup</a> <i>*good source of starch, great before exercise</i>	<a href="#">Brussels Sprouts, Chickpeas and Pomegranate Chipotle Salad with Tahini Maple Dressing</a>	<a href="#">Beer-Battered Tofu 'Fish' and Chips...</a>	<a href="#">Lime and Mango Cheesecake</a>

Sat	<a href="#">Tofu Scramble</a>	<a href="#">Hearts of Palm Lobster Rolls</a> <a href="#">Warm Potato Salad with Chargrilled Asparagus and Lemon</a>	<a href="#">Spicy Bean and Veg Soup</a>	<a href="#">Rustic Sundried Tomato Bread</a> <a href="#">Non-Dairy Garlic Herb Gournay</a>
Sun	<a href="#">How To: Vegan Big Breakfast!</a>	<a href="#">Charred Mushroom and Cashew Pizza</a> <a href="#">Apple and Tomato Panzanella</a>	<a href="#">Giambotta (Vegetable Stew)</a>	<a href="#">No Churn Bakewell Tart Ice Cream</a>

**NOTES:**