

Nut-Free Meal Plan

	Breakfast	Lunch	Dinner	Snack/Dessert
Mon	<p>Quinoa Banana Bread (Make on Sunday evening) <i>*good source of protein and carbohydrate</i></p>	<p>Simple Summer Corn Salad & Rosemary Oatcakes</p>	<p>Chana Masala (Serve with rice) <i>*good source of protein/carbohydrate</i></p>	<p>Blueberry Vanilla Pops (Make on weekend. Use Coconut, Soy or Oat Milk)</p>
Tues	<p>Tortilla Espanola (Make on Monday evening) & Green Juice <i>*cleansing, full of electrolytes</i></p>	<p>Chickpea Salad (Add bread/crispbread for extra bulk) <i>*good source of protein</i></p>	<p>Avocado, Fresh Tomato, Garlic and Basil Sauce with Pasta <i>*good source of carbohydrate and fat</i></p>	<p>Blackberry and Apple Crumble</p>
Weds	<p>Cinnamon and Raisin Pancakes with Mango Dip <i>*good source of carbohydrate</i></p>	<p>Falafel and Hummus Sandwich</p>	<p>Moroccan Lentil, Chickpea and Kale Soup (Serve with wholemeal bread) <i>*good source of protein</i></p>	<p>Leftover Tortilla Espanola</p>
Thurs	<p>Avocado, Tomato and Marmite on Toast <i>*good source of fat, B vitamins and carbohydrate</i></p>	<p>Warm Lentil Salad with Smoked Tofu <i>*good source of protein</i></p>	<p>Linguine with Saffron and Wild Mushrooms <i>*good source of carbohydrate</i></p>	<p>Cheese on Toast (Make this evening for tomorrow's lunch)</p>
Fri	<p>The Best Simple Smoothie Ever <i>*good source of calcium and protein</i></p>	<p>Cheese on Toast (Serve with fresh tomatoes, pickle and rocket) <i>*good source of carbohydrate</i></p>	<p>Quinoa Meatball Tagine <i>*good source of protein/carbohydrate</i></p>	<p>Guacamole and Tomato Salsa (Serve with corn chips)</p>
Sat	<p>Vegan Big Breakfast</p>	<p>Sweet and Spiced Seitan Skewers (Serve with salad, pita and tzatziki) <i>*good source of protein</i></p>	<p>Beer Battered Tofu Fish and Chips <i>*good source of protein/carbohydrate</i></p>	<p>Decadent Chocolate Tart (Nut-free version)</p>

Sun	Blueberry Layered Dessert <i>*good source of calcium and protein</i>	Mediterranean Tomato Tart & Warm Potato Salad with Chargrilled Asparagus and Lemon	Lentil and Vegetable Soup & Swede Dumplings	Lemon Tart
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- Please note: Some of these recipe suggestions contain seeds or coconut which can be omitted if part of your allergy.

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