

Quick & Convenient Meal Plan

	Breakfast	Lunch	Dinner	Snack/Dessert
Mon	Energy Tonic & Peanut Butter on Toast	Cheatin' Chicken Sandwich	Prawn-Style Chow Mein	Peanut Butter Hot Chocolate
Tues	Avocado on Toast	The Ultimate Hummus Supreme Sandwich	Avocado, Fresh Tomato, Garlic & Basil Sauce with Pasta	Macadamia Goji Bliss Balls <i>(Make on Sunday afternoon or Monday night)</i>
Weds	Nutty Bananalicious Overnight Oats <i>(Make Tuesday night)</i>	Simple Summer Corn Salad <i>(Serve with crusty bread and vegan cream cheese)</i>	Chilli Tomato & Basil Baked Beans on Toast	Yoghurt and Fruit Snack
Thurs	Key Lime Pie Green Smoothie	The Italiano Wrap <i>(Make up on Wednesday night and pop in the fridge)</i>	Super-Quick, Super-Tasty Week Night Stir Fry	Green Power Smoothie
Fri	Chocolate Overnight Oats <i>(Whip up on Thursday night)</i>	Vegan Tzatziki <i>(Make on Thursday night or Friday morning. Serve with pitta, salad greens and store-bought falafel)</i>	Roasted Rosa Chick'n Schnitzel <i>(Serve with a green salad)</i>	Sweet French Fries with Tofu Mayo
Sat	Sweet Porridge with Nuts, Seeds and Dried Fruit	Tahini Beans on Toast	Kale, Tomato and Lemon Magic One-Pot Spaghetti	Five Ingredient Chocolate Chip Pecan Cookies – Sugar Free, Oil Free

Sun	Chia Pudding	Tofu Noodle Broth	Enchiladas <i>(Serve with Guacamole, Salsa, green salad and (optional) brown rice)</i>	Nākd Chocolate, Nut and Cherry Fridge Cake <i>(Make on Sunday afternoon – needs at least 2 hours to chill)</i>
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