

Soy(a)-Free Meal Plan

	Breakfast	Lunch	Dinner	Snack/Dessert
Mon	Breakfast Granola <i>(Make Sunday night)</i>	Roasted Red Pepper Hummus <i>(Make Sunday night. Serve with pitta and salad)</i>	Spaghetti with Sicilian Pesto	Maple and Pumpkin Smoothie
Tues	Banana Berry Breakfast Smoothie	No-Chicken Coronation Sandwich	Summer Squash Tacos Mexican Rice	Guacamole and Tomato Salsa
Weds	Peach and Blackberry Overnight Oatmeal with Chia Seeds <i>(Make on Tuesday night, takes minutes!)</i> <i>*good source of protein *nutritionally balanced</i>	Hummus Wraps with Grains and Greens <i>(Use leftover rice from the night before)</i>	Moroccan Lentil, Chickpea and Kale Soup <i>(Serve with crusty bread or Cheese on Toast)</i> <i>*great source of protein</i>	Crispy Kale
Thurs	Avocado, Tomato and Marmite on Toast	Red Pepper Cashew Cream <i>(Soak cashews on Wednesday night. Serve as per suggestion in recipe)</i>	Palak (Curried Spinach) <i>Serve with rice or Garlic Gram Pancakes</i>	Green Tea-Almond Cake with Coconut Glaze <i>(Make in evening for dessert and/or breakfast tomorrow)</i>
Fri	Green Tea-Almond Cake with Coconut Glaze <i>*great source of antioxidants</i>	Pumpkin Seed and Sundried Tomato Pesto <i>(Make in the morning. Serve with fresh tomatoes, rocket and crispbread)</i>	Beetroot and Kale Burgers with Balsamic Red Onions & Oil-Free Potato Wedges and Salsa Verde	Chocolate and Date Flapjack

Sat	Rosemary, Olive and Tomato Muffins & Coconut Bacon	Aubergine and Sage Spaghetti Marinara	Sweet Potato, Black Bean and Chickpea Chili	Sweet Potato Pie
Sun	Breakfast Pizza <i>*good source of protein</i>	Caramelised Onion Dip with Hot Foccacia <i>(Create a Mediterranean platter with fresh and marinated veggies)</i>	Linguine with Saffron and Wild Mushrooms & Quick Crumbly Cheese	Leftovers!

NOTES: