

FAMILY FRIENDLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
MONDAY	Breakfast Peanut Slices (Make Sunday night)	Cheese Toastie and Crisps	Easy Creamy Buffalo Sage Pumpkin Lasagne (Serve with a big green salad)	The Best Simple Smoothie Ever *good source of calcium and protein
TUESDAY	Nutty Bananalicious Overnight Oats *good source of protein	Turmeric and Sweet Potato Falafel Peanut Butter Hummus *good source of protein	Prawn-Style Chow Mein *good source of protein	Easy Dessert: Chocolate Yoghurt and Strawberries
WEDNESDAY	Breakfast Pizza!	Cheatin' Chicken Sandwich	Vegan Chilli (Serve with tacos, lettuce, grated vegan cheese) *good source of protein Guacamole and Tomato Salsa	Peanut Butter Hot Chocolate
THURSDAY	Banana Breakfast Muffins *good source of omega-3	Spicy Bean and Veg Soup (Serve with wholemeal bread) *good source of protein	Spaghetti and No Meatballs	Nak'd Almond and Raspberry Cookies
FRIDAY	Fruit and Yogurt Parfait	Pigless Rolls Simple Summer Corn Salad	The Really Hungry Burger Baked Golden Zucchini Fries	Hummus (Serve with celery and carrot sticks)
SATURDAY	Tofu Scramble *good source of protein and calcium	Roasted Red Pepper Soup Cheese on Toast	Spaghetti Bolognese (Serve with mixed salad and crusty bread rolls)	No Churn Bakewell Tart Ice Cream
SUNDAY	Vegan Breakfast Waffles *good source of starch, great before exercise	Apple and Pear Rosti	Big Buff Pie (Serve with veggies of your choice)	Decadent Basmati Rice Pudding

