

LOVE TO COOK MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
MONDAY	Cinnamon and Raisin Pancakes with Mango Dip *low in fat	Turmeric & Sweet Potato Falafels Roasted Red Pepper Hummus (Serve with carrot, celery and cucumber sticks)	Tempeh Sausage and Heirloom Tomatoes over Black Pepper Cheezy Polenta	Green Power Smoothie
TUESDAY	Ginger Nut Crunch Muesli *good source of fibre	BBQ Pulled Jackfruit	Mixed Root Vegetable Gnocchi in Sage-Pistachio Pesto (Serve with a green leafy salad)	Pumpkin Seed and Sundried Tomato Pesto
WEDNESDAY	Peach and Blackberry Overnight Oatmeal with Chia Seeds (Make Tuesday night) *good source of protein *nutritionally balanced	Vegan Feijoada	Speedy Sweet Potato Quesadillas Guacamole and Tomato Salsa	Fruit Nigiri Sushi
THURSDAY	Butternut Squash Bread (Make Wednesday night) *good source of fibre	Minty Vietnamese Summer Rolls	Lentil Lasagne Simple Summer Corn Salad	Kale and Kalamata Olive Tapenade
FRIDAY	Vegan Breakfast Waffles with fruit and maple syrup *good source of starch, great before exercise	Brussels Sprouts, Chickpeas and Pomegranate Chipotle Salad with Tahini Maple Dressing	Beer-Battered Tofu 'Fish' and Chips	Lime and Mango Cheesecake
SATURDAY	Tofu Scramble	Hearts of Palm Lobster Rolls Warm Potato Salad with Chargrilled Asparagus and Lemon	Spicy Bean and Veg Soup	Rustic Sundried Tomato Bread Non-Dairy Garlic Herb Gournay
SUNDAY	How To: Vegan Big Breakfast!	Charred Mushroom and Cashew Pizza Apple and Tomato Panzanella	Giambotta (Vegetable Stew)	No Churn Bakewell Tart Ice Cream

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NOTES:
