

# NUT-FREE MEAL PLAN

Please note: Some of these recipe suggestions contain seeds or coconut which can be omitted if part of your allergy.

	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
MONDAY	<p><u>Quinoa Banana Bread</u> (Make on Sunday evening) *good source of protein and carbohydrate</p>	<p><u>Simple Summer Corn Salad</u> <u>Rosemary Oatcakes</u></p>	<p><u>Chana Masala</u> (Serve with rice) *good source of protein/carbohydrate</p>	<p><u>Blueberry Vanilla Pops</u> (Make on weekend. Use coconut, soy or oat milk)</p>
TUESDAY	<p><u>Tortilla Espanola</u> (Make on Monday evening) <u>Green Juice</u> *cleansing, full of electrolytes</p>	<p><u>Chickpea Salad</u> (Add bread/crispbread for extra bulk) *good source of protein</p>	<p><u>Avocado, Fresh Tomato, Garlic and Basil Sauce with Pasta</u> *good source of carbohydrate and fat</p>	<p><u>Blackberry and Apple Crumble</u></p>
WEDNESDAY	<p><u>Cinnamon and Raisin Pancakes with Mango Dip</u> *good source of carbohydrate</p>	<p><u>Falafel and Hummus Sandwich</u></p>	<p><u>Moroccan Lentil, Chickpea and Kale Soup</u> (Serve with wholemeal bread) *good source of protein</p>	<p>Leftover <u>Tortilla Espanola</u></p>
THURSDAY	<p><u>Avocado, Tomato and Marmite on Toast</u> *good source of fat, B vitamins and carbohydrate</p>	<p><u>Warm Lentil Salad with Smoked Tofu</u> *good source of protein</p>	<p><u>Linguine with Saffron and Wild Mushrooms</u> *good source of carbohydrate</p>	<p><u>Cheese on Toast</u> (Make this evening for tomorrow's lunch)</p>
FRIDAY	<p><u>The Best Simple Smoothie Ever</u> *good source of calcium and protein</p>	<p><u>Cheese on Toast</u> (Serve with fresh tomatoes, pickle and rocket) *good source of carbohydrate</p>	<p><u>Quinoa Meatball Tagine</u> *good source of protein/carbohydrate</p>	<p><u>Guacamole and Tomato Salsa</u> (Serve with corn chips)</p>
SATURDAY	<p><u>Vegan Big Breakfast</u></p>	<p><u>Sweet and Spiced Seitan Skewers</u> (Serve with salad, pitta and tzatziki) *good source of protein</p>	<p><u>Beer Battered Tofu Fish and Chips</u> *good source of protein/carbohydrate</p>	<p><u>Decadent Chocolate Tart</u> (Nut-free version)</p>
SUNDAY	<p><u>Blueberry Layered Dessert</u> *good source of calcium and protein</p>	<p><u>Mediterranean Tomato Tart</u> <u>Warm Potato Salad with Chargrilled Asparagus and Lemon</u></p>	<p><u>Lentil and Vegetable Soup</u> <u>Swede Dumpling</u></p>	<p><u>Lemon Tart</u></p>

