

# QUICK AND CONVENIENT MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
MONDAY	<u>Energy Tonic</u> Peanut Butter on Toast	<u>Cheatin' Chicken Sandwich</u>	<u>Prawn-Style Chow Mein</u>	<u>Peanut Butter Hot Chocolate</u>
TUESDAY	<u>Avocado on Toast</u>	<u>The Ultimate Hummus Supreme Sandwich</u>	<u>Avocado, Fresh Tomato, Garlic &amp; Basil Sauce with Pasta</u>	<u>Macadamia Goji Bliss Balls</u> (Make on Sunday afternoon or Monday night)
WEDNESDAY	<u>Nutty Bananalicious Overnight Oats</u> (Make Tuesday night)	<u>Simple Summer Corn Salad</u> (Serve with crusty bread and vegan cream cheese)	<u>Chilli Tomato &amp; Basil Baked Beans on Toast</u>	<u>Yoghurt and Fruit Snack</u>
THURSDAY	<u>Key Lime Pie Green Smoothie</u>	<u>The Italiano Wrap</u> (Make up on Wednesday night and pop in the fridge)	<u>Super-Quick, Super-Tasty Week Night Stir Fry</u>	<u>Green Power Smoothie</u>
FRIDAY	<u>Chocolate Overnight Oats</u> (Whip up on Thursday night)	<u>Vegan Tzatziki</u> (Make on Thursday night or Friday morning. Serve with pitta, salad greens and <u>store-bought falafel</u> )	<u>Roasted Rosa Chick' Schnitzel</u> (Serve with a green salad)	<u>Sweet French Fries with Tofu Mayo</u>
SATURDAY	<u>Sweet Porridge with Nuts, Seeds and Dried Fruit</u>	<u>Tahini Beans on Toast</u>	<u>Kale, Tomato and Lemon Magic One-Pot Spaghetti</u>	<u>Five Ingredient Chocolate Chip Pecan Cookies</u> *sugar free and oil free
SUNDAY	<u>Chia Pudding</u>	<u>Tofu Noodle Broth</u>	<u>Enchiladas</u> (Serve with <u>Guacamole, Salsa</u> , green salad and [optional] brown rice)	<u>Nak'd Chocolate, Nut and Cherry Fridge Cake</u> (Make on Sunday afternoon – needs at least 2 hours to chill)

