

SOY(A)-FREE MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
MONDAY	Breakfast Granola (Make Sunday night)	Roasted Red Pepper Hummus (Make Sunday night. Serve with pitta and salad)	Spaghetti with Sicilian Pesto	Maple and Pumpkin Smoothie
TUESDAY	Banana Berry Breakfast Smoothie	No-Chicken Coronation Sandwich	Summer Squash Tacos Mexican Rice	Guacamole and Tomato Salsa
WEDNESDAY	Peach and Blackberry Overnight Oatmeal with Chia Seeds (Make Tuesday night) *good source of protein *nutritionally balanced	Hummus Wraps with Grains and Greens (Use leftover rice from the night before)	Moroccan Lentil, Chickpea and Kale Soup (Serve with crusty bread or Cheese on Toast) *great source of protein	Crispy Kale
THURSDAY	Avocado, Tomato and Marmite on Toast	Red Pepper Cashew Cream (Soak cashews on Wednesday night. Serve as per suggestion in recipe.)	Palak (Curried Spinach) (Serve with rice or Garlic Gram Pancakes)	Green Tea-Almond Cake with Coconut Glaze (Make in the evening for dessert and/or breakfast tomorrow)
FRIDAY	Green Tea-Almond Cake with Coconut Glaze *good source of antioxidants	Pumpkin Seed and Sundried Tomato Pesto (Make in the morning. Serve with fresh tomatoes, rocket and crispbread)	Beetroot and Kale Burgers with Balsamic Red Onions Oil-Free Potato Wedges and Salsa Verde	Chocolate and Date Flapjack
SATURDAY	Rosemary, Olive and Tomato Muffins Coconut Bacon	Aubergine and Sage Spaghetti Marinara	Sweet Potato, Black Bean and Chickpea Chili	Sweet Potato Pie
SUNDAY	Breakfast Pizza *good source of protein	Caramelised Onion Dip with Hot Focaccia (Create a Mediterranean platter with fresh and marinated veggies)	Linguine with Saffron and Wild Mushrooms Quick Crumbly Cheese	Leftovers!

