## SUMMER MEAL PLAN

**BREAKFAST**
- **MONDAY**: Zingy Avocado on Toast
- **TUESDAY**: Banana Pancakes with Blueberries
- **WEDNESDAY**: Garlic Courgette Bruschetta
- **THURSDAY**: Yogurt with Fruit and Berries
- **FRIDAY**: Tropical Fruits immune Boosting Smoothie
- **SATURDAY**: Almond Pancakes
- **SUNDAY**: Grilled Avocado with Black Bean Salsa

**LUNCH**
- **MONDAY**: Pea and Mint Soup
- **TUESDAY**: Vegan Buddha bowl with Almond Avocado Dressing
- **WEDNESDAY**: Coriander and Roasted Veggie Couscous
- **THURSDAY**: Smoky Panzanella
- **FRIDAY**: Fennel Sauteed with Peppers
- **SATURDAY**: Quinoa Mexicana Salad
- **SUNDAY**: Waldorf Salad

**DINNER**
- **MONDAY**: Tofu Thai Green Curry
- **TUESDAY**: Tomato Basil Courgetti
- **WEDNESDAY**: Grilled Vegan Feta on Summer Watermelon and Caper Salad
- **THURSDAY**: Roasted Aubergine Lasagne
- **FRIDAY**: Vegan Quiche
- **SATURDAY**: Laksa – Malaysian Noodle Soup
- **SUNDAY**: Creamy Courgette and Sundried Tomato Risotto

**SNACK/DESSERT**
- **MONDAY**: Summery Courgette Almond Patties
- **TUESDAY**: Spiced Plum Muffins
- **WEDNESDAY**: Guacamole and Tomato Salsa
- **THURSDAY**: Vanilla and Roasted Apricot No-Bake Vegan Cheesecake
- **FRIDAY**: Broad Bean Hummus
- **SATURDAY**: Blueberry Cake
- **SUNDAY**: Vegan Lemon Tarts

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