

What we eat in a week

Example Meal Plan:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Peanut butter on 2 slices of whole wheat toast with flaxseed	Peanut butter on 2 slices of whole wheat toast with banana and flaxseed	Porridge with cocoa powder, frozen berries and flaxseed	Porridge with cocoa powder, frozen berries and flaxseed	Banana and chocolate protein smoothie (with flaxseed and berries)	Scrambled tofu with kale on whole wheat toast with hummus and avocado	Scrambled tofu with kale on whole wheat toast with hummus and avocado
Lunch	2 tofu wraps with hummus, salad leaves, 1/4 avocado (per wrap) and hemp seeds	Chickpea, spinach and broccoli curry with brown rice (left overs)	Black Bean mix (leftovers) with brown rice	Lentil pasta with cashew "cheese" sauce, peas and broccoli (leftovers)	Edamame and garden pea stir fry with whole wheat noodles and red peppers (leftovers)	Homemade carrot and coriander soup	Lentil daal with brown rice and spicy veg (leftovers)
Dinner	Chickpea, spinach and broccoli curry with brown rice	Black Bean Burritos	Lentil pasta with cashew "cheese" sauce, peas and broccoli	Edamame and garden pea stir fry with whole wheat noodles and red peppers	Homemade bean burgers with homemade baked chips, salad and hummus	Lentil daal with brown rice and spicy veg	Spaghetti bolognese with soy mince and veg
Snacks	Carrot sticks with hummus Berry smoothie 2 satsumas	Carrot and cucumber sticks with hummus 1 apple and mango slices	Dried apricots 1 apple	2 rice cakes with hummus and hemp seeds	vegan yoghu 1 apple	Protein shake (with banana and berries) 1 satsuma	Dried apricots 1 apple Mango slices

Why not try with bananas, or add some nutmeg and cinnamon for a winter warmer.

Black Bean Burritos

Homemade bean burgers with homemade baked chips, salad and hummus

An adventurous option to please all the family!

- Shopping list must have's:
- Kitchen basics, ie/ pasta, bread, etc
 - Mixed veg- ie, carrots, peppers, etc
 - Mixed fruit- ie, apricots, mangos, etc
 - Black Berries
 - Black beans
 - Lentils
 - Chickpeas
 - Spinach
 - Wraps
 - Rice cakes
 - Soy mince
 - Tofu
 - Porridge



A quick and easy option...



Full of protein!



A great snack on gym days!



We love 0 waste! Bring on the leftovers!

