

WEEKLY MEAL PLAN



	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Peanut butter on whole grain toast, banana, cacao nibs, cinnamon & granola	Quinoa salad with spinach, broccoli, & walnuts with garlic oil lemon & thyme dressing	Souvlaki on a vegan pita with sweet potato/wild rice fritters, tomato, lettuce & tzatziki sauce	Mixed berry bowl with soya yogurt, chia seed topping
TUESDAY	Porridge bowl with cacao made with almond milk, banana slices, frozen raspberries. Granola and dark chocolate chips	Wellness bowl with mixed greens, kale, sweet potato/wild rice fritter (leftover), carrot sticks, pepitas, pumpkin hummus	Grilled Beyond burgers with whole grain bun, topped with tomato, vegan pepper jack cheese, lettuce & pickles. Rosemary chunky chips	Frozen dark chocolate covered banana slices, covered in chopped hazelnuts
WEDNESDAY	Toasted sweet potato slice topped with almond butter, blueberries and cinnamon	Hummus wrap with tortilla, pumpkin hummus, cucumber, spinach, tomato, avocado, broccoli sprouts	Fried Avocado Tacos - Corn mesa taco shell, zucchini & corn with vegan pepper jack cheese topped with a panko crusted, pan fried avocado wedge and micro greens	Granola with almond milk, 1/2 banana and cinnamon topping
THURSDAY	Overnight oats with almond milk, add-in mixed berries, amaranth puffs, flaxseed, peanut butter drizzle	Crispy quinoa chickpea patties on bed of mixed greens and garlic aioli	Zucchini pasta mixed with whole grain noodles and tomato basil sauce. Side of mixed greens with lemon thyme vinaigrette	Blueberry crumble with vanilla almond milk ice cream
FRIDAY	Smashed pumpkin on whole grain toast with pomegranate, hummus & micro greens	Roasted veggie & hummus sandwich - whole grain bread, hummus, peas, mixed greens, capsicum, cucumber & carrots	Taco bowls with Beyond meat mince, fajita veggies, black beans, low-FODMAP guacamole, tomatoes & tortilla chips	Soy yogurt topped with blueberry crumble and fresh blueberries & strawberries
SATURDAY	Quinoa banana flour pancakes with yoghurt, macerated strawberries and maple syrup	Roasted veggie wellness bowls - Leftover roasted veggies on a bed of kale & spinach mix, pumpkin seeds and a side of pine nut hummus	Sweet Potato Gnocchi with Walnut Basil Pesto & Roasted Broccoli	Fudgy Cacao Brownies with fresh raspberries
SUNDAY	Vegan bagel with vegan cream cheese topping, side of mixed berries (strawberry, blackberry, blueberry)	Lentil Tikka Marsala with Basmati rice	Vegan alfredo pasta bake	Vegan vanilla ice cream topped with Fudgy Cacao Brownie bites

MARKET LIST		
Whole Grain Loaf	Bananas (2 bunches)	Tzatziki Sauce
Whole Grain Bun	Spinach (2)	Beyond Burgers (4)
Bagels	Broccoli (3)	Soy Yogurt (2)
Wraps	Garlic	Almond Milk (2)
Pasta Noodles (2)	Lemons (3)	Veg Pepper Jack
Granola	Sweet Potato (4)	Vegan Mozzarella
Quinoa	Hierloom Tomato	Veg Cream Chz
Vegan Pitas	Baby Tomatos	Frozen Berries
GF Quick Oats	Mixed Greens	Hummus (2)
70% Dark Choc	Strawberries	Walnuts
Jar Pickles	Blueberries	Fresh Basil
Hazelnuts	Carrots (3)	Fresh Thyme
Almond Butter	Potato (2)	Maple Syrup
Balsamic Vinegar	Cucumber	Pine Nut Hummus
Jar Chickpeas	Avocado (2)	Pumpkin Seeds
Vegan Mayo	Micro Greens	Basmati Rice
Pasta Sauce	Zucchini	Coconut Milk
Amaranth Puffs	Red Pepper (2)	Tomato Puree
Black Beans	Yellow Pepper (2)	Cacao Nibs
Tortilla Chips	Jalapeno	Vegan Ice Cream
Quinoa Flour	Shallot	Peas
Banana Flour	Kale	
Can Lentils	Ginger	
	Raspberries	
PANTRY		
Peanut butter	Dried Rosemary	Coconut Oil
Turmeric	Olive Oil	Baking Soda
Cinnamon	Flaxseed	Cacao Powder
Dried Basil	Cumin	Vanilla
Chia Seeds	Chili Powder	Coconut Sugar