

SUMMER MEAL PLAN

| | BREAKFAST | LUNCH | DINNER | SNACK/DESSERT |
|-----------|--|--|---|--|
| MONDAY | Zingy Avocado on Toast | Pea and Mint Soup | Tofu Thai Green Curry | Summery Courgette Almond Patties |
| TUESDAY | Banana Pancakes with Blueberries | Vegan Buddha bowl with Almond Avocado Dressing | Tomato Basil Courgetti | Spiced Plum Muffins |
| WEDNESDAY | Garlic Courgette Bruschetta | Coriander and Roasted Veggie Couscous | Grilled Vegan Feta on Summer Watermelon and Caper Salad | Guacamole and Tomato Salsa |
| THURSDAY | Yogurt with Fruit and Berries | Smoky Panzanella | Roasted Aubergine Lasagne | Vanilla and Roasted Apricot No-Bake Vegan Cheesecake |
| FRIDAY | Tropical Fruits immune Boosting Smoothie | Fennel Sauteed with Peppers | Vegan Quiche | Broad Bean Hummus |
| SATURDAY | Almond Pancakes | Quinoa Mexicana Salad | Laksa – Malaysian Noodle Soup | Blueberry Cake |
| SUNDAY | Grilled Avocado with Black Bean Salsa | Waldorf Salad | Creamy Courgette and Sundried Tomato Risotto | Vegan Lemon Tarts |

