

10 WEEK MEAL PLAN IDEAS

MONDAY PLANT BASED

Spinach and lentil curry served with either fried haloumi, roast potatoes or tamaris sauteed tofu on brown rice and sauerkraut



TUESDAY FISH

Grilled Salmon served with Moroccan spiced warm vegetable salad (roasted cauliflower, sweet pot, potato) steamed broccoli



WEDNESDAY CHICKEN/POULTRY

Chicken and vegetable stir fry garnished with sesame seeds and cashews served with noodles of choice



THURSDAY MEAT

Steak and salad (roasted beetroot, spinach, cos lettuce, sprouts, grated carrot)



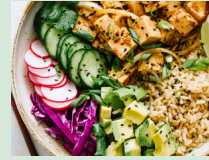
FRIDAY PLANT BASED

Falafels, hummus and tabouli salad wraps or salad bowls



SATURDAY EASY AND FUN

Lazy sushi served with cucumbers, snow peas, sliced spinach, tofu or tempeh or tuna mayo and seaweed chopped on top



SUNDAY SIMPLE AND NOURISHING

Pumpkin soup with home made sourdough bread rolls



2

Grated vegetables (zucchini, corn, carrot and spinach) Vegetable quiche with salad



Thai Fish curry (snow peas, broccolini, onions, beans served with basmati rice



Slow cooked Butter chicken served with shredded spinach and yoghurt of choice



Home made Cornish pasties with beef and root vegetables (carrots, sweet potato, onions, potato, peas)



Mushroom risotto served with steamed broccolini and asparagus



Home made black beans and kidney bean nachos served with sour cream, avocado and shredded lettuce



Home made laksa served with tofu or chicken



3

Spinach and fetta pie with salad (lettuce, spinach tomatoes, olives, cucumber, snow peas and balsamic



White fish pie (with broccoli, peas cauliflower, and potatoes) made with white sauce



Steamed vegetables, chicken tenders served with peanut satay sauce



Slow cooked Mediterranean stew with beef of choice



Black bean dhal served with steamed beans, brown rice and fermented vegetables



Potato pancakes served with coleslaw and green salad



Vegetable curry Mild curry spice, tomatoes, beans, cauliflower, onion, carrots, peas and spianch



4

Lentil dhal with steamed vegetables, rice and fermented foods



Teriyaki salmon with steamed buttery cabbage and steamed broccolini



Roast chicken and roast vegetables (carrot, parsnip, potato, sweet potato) and beans



Thai beef salad (coriander, lettuce, tomato, capsicum, snow peas)



Green Vegetable (broccoli, carrot, beans, snow peas, cabbage, bok choy) fried rice with poached eggs



Indian spiced potato and broccoli warm salad served with sausages of choice



Vegetarian or chicken noodle soup



5

Moroccan roast vegetables (cauliflower, sweet potato) quinoa salad with cucumber spinach,



Fish cakes/rissoles with salad or steamed vegetables



Chicken pie (carrot, peas, celery, and white sauce) with fresh garden salad or steamed vegetables



Spiced Mince meat and vegetable mix served in lettuce cups or on a bed of shredded lettuce



Bean burritos served with sour cream or raw cashew cream, salad, tomato salsa)



Home made pizza bases with mixed vegetables and pesto sauce (meat optional)



Very green vegetable curry served with rice or as a soup



PLANT BASED

FISH

CHICKEN/POULTRY

MEAT

PLANT BASED

EASY AND FUN

SIMPLE AND NOURISHING

6 Brown rice, lentil and grated vegetable burgers served with steamed vegetables or salad



Baked lemon garlic and butter fish parcels served with steamed vegetables



Chicken and vegetable curry



Slow cooked beef/or meat of choice curry



Vegetarian kofta balls with tomato sauce, salad and basmati rice



home made beef or bean burgers with salad and beetroot with a home made relish



Tomato soup with home made breadrolls



7 Jacket potato with vegan sour cream, guacamole, greens and beans



Baked fish with roast potatoes and onion salad



Vietnamese chicken salad



Meat and vegetable stir fry with noodles of choice



Mushroom, leek and tofu quiche



Home made lasagne with salad (use lasagne sheets of choice as in G/F or sweet potato slithers)



Sweet potato and carrot soup



8 Korma curry pies (cauliflower, sweet potato, peas and potato)



Salmon patties with salad with fennel, radish and cucumber salad



Chicken breasts or drumsticks with pesto and fresh garden salad



Shepard's pie with sweet potato topping served with peas and beans



Crunchy veg and tofu salad with sesame dressing



Spinach and brown rice pie served with garden greens salad



Roast capsicum, tomato and carrot soup served with homemade bread rolls



9 Hunza (potato and spinach) pie served with salad



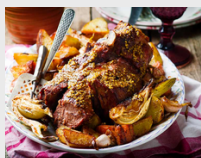
Tuna pasta bake (peas, broccoli, cauliflower and onion)



Spanish chicken casserole in slow cooker



Roast beef with roasted vegetables salad (roasted red onion, pumpkin, sweet potato, carrot beetroot)



Warm Raw zucchini noodles with basil, and wild greens rocket pesto



BBQ with potato salad, coleslaw and green salad



Vegetable soup (onions, garlic, celery, broth, carrot, broccolini)



10 Spanish tortilla with potato and onion served with green salad



Grilled fish with steamed vegetables



Curry lemon chicken burgers served with potato wedges



Spaghetti bolognese with noodles of choice (raw zucchini, g/f, etc.)



Crunchy veg and tofu salad with sesame dressing



Lazy sushi with seaweed, choice of chicken, tofu or tuna, with chopped vegetables and sesame seeds



Slow cooked stew of choice

