

WEEKLY Meal Plan

Snack Ideas

1. Pickled eggs
2. Dark chocolate and berries
3. Yoghurt with nuts and berries

What's In Season

1. Carrot, cauliflower, kale
2. Mushrooms, Potato, Spinach
3. Asparagus, beetroot, broad beans
4. Mandarins, papaya, pineapple
5. Apples, berries, blood oranges,

Prepare Ahead Meals

1. Chicken stock
2. Overnight oats in a jar
3. Vegetable tagine
4. Ham and pumpkin soup
5. Whole chicken soup

Pickles / Ferments

1. Red cabbage sauerkraut
2. Fermented carrots with garlic
3. _____
4. _____

Week Of :

5th September 2022

Mon

- B Overnight oats in a jar
L Salad + miso tahini dressing
D Whole chicken soup

Tue

- B Miso soup w veg and eggs
L Nourishing bowls w beans
D Mushroom tacos

Wed

- B Poached eggs, avo, toast
L Ham and pumpkin soup
D Grazing plate

Thu

- B Quick savoury waffles
L Whole chicken soup
D Beetroot risotto

Fri

- B Baked oats for one
L Vegetable tagine
D Pulled brisket and veg

Sat

- B Stewed apples + yoghurt
L Lunch out
D Nourishing bowls w brisket

Sun

- B Cafe breakfast
L Rainbow coloured nachos
D Finish off any leftovers