



## WEEKLY Meal Plan

### Snack Ideas

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

### What's In Season

1. Berries, cherries, lychee
2. Mangoes, nectarines, papaya,
3. Asparagus, beans, fennel
4. Mushrooms, radish, spinach
5. Tomatoes, watercress, zucchini

### Prepare Ahead Meals

1. Chicken stock
2. Overnight oats in a jar
3. Chicken & Veg 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 Leftover chicken soup
- D Vegetarian Nachos

Fri

- B Baked oats for one
- L Chicken & Veg tagine
- D Rice paper rolls

Sat

- B Stewed apples + yoghurt
- L Pulled beef brisket
- D Nourishing bowls w brisket

Sun

- B Cafe breakfast
- L Leftover soup
- D Leftover tagine