



Week 11
Starting 11/03/2019

Monday

1. Scrambled eggs with mini salad
 2. Protein Yogurt with Blueberries
 3. Chicken stir fry with Linguini
 4. Green Power protein Smoothie
 5. Pulled Ham with Green Beans & Baby Spinach
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Tuesday

1. Overnight soaked Fruity Oats with Chia
 2. Chicken Pasta & Pesto Snack
 3. Beef & Veg Stew with Mash
 4. Pineapple, Banana & Vanilla smoothie
 5. Mexican Pulled Chicken with Green Peas, Sweetcorn & Baby Spinach (no carbs)
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Wednesday

1. Omelette with cheese
 2. Couscous & Roasted Veg
 3. Healthy Chicken Curry with Rice and Spinach
 4. Forest fruit protein smoothie
 5. Sticky beef with zucchini noodles & Linguini (low carb)
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Thursday

1. Chocolate Oats Flapjack (Vegan)
 2. Chicken & Quinoa salad
 3. Beef Burger, mashed potatoes, Pan fried Broccoli
 4. Spinach, Kiwi and Mango Smoothie
 5. Grilled Chicken with Cauliflower & Broccoli mash (no carbs)
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Friday

1. Banana & Almonds protein Bread
2. Hummus & Veg Sicks
3. Vegan Burger served with Baby Potatoes & Mushrooms
4. Banana, Mango, coconut smoothie
5. Vegan Stew with mixed veg

Vegan/Vegetarian - Vegan Chilli, Spaghetti

Vegan/Vegetarian - Broccolini Mushroom Linguine

Vegan/Vegetarian - Vegan Curry with Green Peas & Rice

Vegan/Vegetarian - Vegan Burger, mash potato, Carrot & Beets Slaw

Vegan/Vegetarian - Vegan Stew with mixed veg

