

# Clean Eating Meal Plan #13

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Creamy Oats with butter, honey and milk	Chicken & Salad Wraps	Mac n Cheese with Greek Salad	Choc Banana Muffin Fruit Slices & yogurt
TUES	Granola, Yogurt and Fruit Parfait	Leftover Mac n Cheese	Fish & Chips with a side of homemade coleslaw	Trail Mix Piece of Fruit
WED	Peanut Butter Toast, Mango Smoothie	Cous Cous Salad (cooked cous cous with chopped feta, olives, cucumber, red pepper & celery)	Chicken and Leek Pie with Mashed Potato and Honey Carrots	Choc Banana Muffin Sliced Cucumber & cheese
THURS	Scrambled Egg of wholegrain toast	Egg Salad Sandwiches	Shepherds Pie with peas & mashed butternut pumpkin	Piece of Fruit DIY Lunchables (crackers, cheese & cucumber)
FRI	Homemade granola with yogurt (or milk).	Cous Cous Salad	Homemade Pizza (with my two ingredient pizza dough)	Fruit Crackers and cheese
SAT	Crepes with fried banana, bacon and maple syrup	Pasta Salad (Cooked pasta with chopped tomato, onion, cucumber, celery, salami & balsamic dressing)	Ground Beef Tacos with lettuce, Salsa, Sour Cream	Fruit DESSERT: Choc Milkshakes
SUN	Breakfast Fry Up - Eggs, bacon, tomato and hashbrowns	(LATE LUNCH / EARLY DINNER) Beef Pot Roast, Potatoes, Rice, Steamed broccoli & Gravy.		DESSERT: Hot Chocolate pudding & cream