

# Clean Eating Meal Plan #14

	Breakfast	Lunch	Dinner	SNACKS
Mon	Scrambled Egg on Wholegrain Toast	Tuna Pasta Salad	Slow Cooker Beef Stew, Brown Rice <i>(Cook DOUBLE &amp; FREEZE for another night)</i>	Energy Bar Fruit
Tues	Honey Nut Granola, with milk, sliced fruit	Left over Beef Stew sandwiches	Butternut Soup served with buttered wholegrain toast	Energy Bar Fruit
Wed	Peanut Butter Toast, Fruit Smoothie	Zucchini Slice & Salad	Spagetti Carbonara, Salad	Popcorn Fruit
Thurs	Honey Nut Granola, with milk, sliced fruit	Leftover Spagetti Bolognaise	Chicken Enchiladas, Salad	Savoury Muffin Fruit
Fri	Creamy Oats, with butter, maple syrup and banana	Leftover Chicken Enchiladas	BBQ Steak, Mushroom Sauce, Potato Bake & Salad	Savoury Muffin Fruit
Sat	Crustless Spinach and Feta Quiche	Foil Bake Shrimp and Cous Cous	Quick Teriyaki Chicken and Rice Bowls	Crackers, Veg and Hummus DESSERT: Custard and Banana
Sun	Breakfast Wraps (Egg, bacon, banana and mushroom in a wholegrain wrap)	Tuna Melt Toasted Sandwiches.	Italian Meatballs	DESSERT: Chocolate Milkshakes