

Clean Eating Meal Plan #15

	Breakfast	Lunch	Dinner	SNACKS
Mon	Homemade Granola	Chicken and Salad Wraps	Vegetable Lasagne	Carrot Muffin Fruit
Tues	Peanut Butter Toast, Green Smoothie	Leftover Vegetable Lasagne, salad	Beef Stroganoff, Brown Rice and Honey Glazed Carrots	Carrot Muffin Veg Sticks and Hummus
Wed	Homemade Granola, Fruit	Cous Cous Salad (cous cous, tomato, cucumber, feta, black olives)	Chicken Cacciatore, mashed potato	Homemade Lunchables (crackers, cheese and cucumber)
Thurs	Scrambled Egg on Toast, orange juice	Tuna Salad Sandwiches (tuna, mayo and lettuce on sourdough bread)	Margherita Pizza & salad	Carrot Muffin Fruit
Fri	Breakfast Smoothie	Leftover Pizza, Veggie Sticks	Homemade Burgers (wholegrain roll, beef patty, lettuce, tomato, beetroot, mushroom sauce)	Peanut Biscuits Fruit Salad
Sat	Bacon and Egg Wraps, Orange Juice	Nachos (Corn tortilla crisps, cheese, beans, peppers, salsa)	Foil Pack Chicken and Vegetable Parcels	Crackers, veg sticks, hummus DESSERT: Apple crumble and cream
Sun	Breakfast Fry Up (BRUNCH): Bacon, eggs, hashbrowns, tomato, mushrooms, spinach on wholegrain toast		Roast Chicken, roast Potatoes, rice, carrots, corn and gravy	Peanut Butter Biscuits DESSERT: Leftover Apple Crumble and cream