

Clean Eating Meal Plan #17

	Breakfast	Lunch	Dinner	SNACKS
Mon	Creamy Oats	Cheese, tomato and lettuce sandwiches	Mexican Quesadillas	Veggie Sticks Raspberry Muffin
Tues	Banana Pancakes with yogurt and maple syrup	Ham & Salad Sandwiches	Spagetti Bolognaise & Salad	Raspberry Muffin Fruit pieces
Wed	French Toast, Banana & Maple Syrup	Zucchini Slice & coleslaw	Slow Cooked Chicken Casserole, Brown Rice	Coconut and Oat Biscuits Fruit
Thurs	Homemade Granola	Tuna Pasta Salad	Salmon Cakes with Salad & Tartar Sauce	Crackers and Cheese Veggie slices & cheese
Fri	Creamy Oats	Egg Salad Sandwiches	Honey Soy Chicken Thighs, Rice and steamed Veggies	Coconut and Oat Biscuits Fruit Salad
Sat	Toasted Cheese, Ham and Tomato Sandwiches	Raid the fridge (aka everyone for themselves)	Chinese Fried Rice	Popcorn Chocolate Pudding
Sun	Brunch: Bacon, Eggs, Hashbrowns, mushrooms and tomato		Salmon and Vegetables in Parchment	Apple Crumble and Cream