

Clean Eating Meal Plan #19

	Breakfast	Lunch	Dinner	SNACKS
Mon	Creamy Oats	Egg Salad Sandwich (Egg, mayo, lettuce on sourdough bread)	Mushroom and leek frittata and salad	choc banana muffin Fruit
Tues	Scrambled Egg and spinach on wholegrain toast	Homemade lunchables - crackers, salami, cheese, veg & hummus	Asian Noodle Bowls	Fruit Choc Banana Muffin
Wed	Almond Butter Smoothie	Roast Veg Cous Cous (cous cous with roasted veg and balsamic vineaar drizzle)	Grilled fish, mashed potato, peas and creamy parsley and garlic sauce	Crackers and cheese Fruit
Thurs	Homemade Granola	Veg and Tuna Bake (muffin size)	Loaded potato wedges (oven baked wedges topped with cheese, sour cream, salsa)	Fruit Peanut butter biscuits
Fri	Peanut Butter on toast	(leftover) steak and salad on wraps	Oven baked honey garlic chicken pieces, baked potatoes and Steamed Veggies	Fruit
Sat	Banana Pancakes	Pasta Salad (cold cooked pasta with shredded chicken, feta, olives, red pepper and cucumber with balsamic dressing)	Beef Pie, mashed sweet potato and steamed broccoli	Popcorn DESSERT: Choc Chia Pudding
Sun	Breakfast wrap (egg, bacon, banana, mushrooms inside a wholegrain wrap)		Beef Pot Roast, potatoes, brown rice, honey carrots	Fruit DESSERT: Hot choc brownie with cream