

Weekly Meal

Plan

Monday

VEGGIE CHILLI WITH BAKED SWEET POTATO

COOK BEANS, TOMATOES, PEPPERS, AND SPICES TOGETHER, THEN SERVE OVER A BAKED SWEET POTATO WITH A SIDE OF GREEN BEANS AND CARROTS.

ADD LEAN MINCE IF DESIRED

Tuesday

SQUASH & LENTIL DAHL WITH ROASTED CAULIFLOWER

SIMMER RED LENTILS WITH COCONUT MILK, GARLIC, GINGER, AND CURRY SPICES. PAIR WITH ROASTED CAULIFLOWER, SWEETCORN, AND BROWN RICE.

Wednesday

BAKED SALMON WITH QUINOA & STEAMED GREENS

SEASON SALMON WITH LEMON AND HERBS, BAKE FOR 15 MINUTES, AND SERVE WITH FLUFFY QUINOA, STEAMED BROCCOLI, AND MANGLETOUT.

Thursday

CHICKPEA & VEGETABLE STIR-FRY WITH BROWN RICE

SAUTÉ CHICKPEAS WITH A MIX OF COLOURFUL VEGGIES LIKE PEPPERS, COURGETTE, AND SPINACH. TOSS WITH TAMARI OR SOY SAUCE AND SERVE OVER BROWN RICE.

REPLACE CHICKPEAS WITH CHICKEN IF DESIRED

Friday

TURKEY MEATBALLS WITH WHOLE WHEAT PASTA & SAUTÉED SPINACH

MAKE EASY MEATBALLS WITH TURKEY MINCE, HERBS, AND GARLIC. SERVE WITH WHOLE WHEAT PASTA, A SIMPLE TOMATO SAUCE, AND A SIDE OF SAUTÉED SPINACH AND LEEKS.

Saturday

LENTIL & SWEET POTATO CURRY WITH KALE

SIMMER LENTILS, CHOPPED SWEET POTATOES, AND SPICES IN COCONUT MILK. SERVE WITH A SIDE OF KALE AND PEPPERS.

Sunday

Stir-Fried Tofu with Mixed Vegetables & Brown Rice

Pan-fry TOFU UNTIL GOLDEN, THEN TOSS WITH MIXED VEGETABLES AND a soy-ginger sauce. Serve over brown rice.

REPLACE TOFU WITH TURKEY IF DESIRED