

Monday Meal Plan



Omnivore

Grass - fed beef dry wors sticks
Cheesy toastie
Seasonal fruit
Plain yoghurt and some berries/ pomegranate seeds
Peanut butter, oat and date balls

Vegetarian

Crunchy salty chickpeas
Cheesy toastie
Seasonal fruit
Plain yoghurt and some berries/ pomegranate
Peanut butter, oat and date balls

Vegan

Crunchy salty chickpeas
Vegan cheesy toastie
Seasonal fruit
Coconut yoghurt and some berries/ pomegranate
Peanut butter, oat and date balls

Gluten and Wheat free

Grass- fed beef dry wors sticks
Gluten and wheat friendly cheesy toastie - Baked using the best quality flours
Seasonal fruit
Plain yoghurt and some berries/ pomegranate seeds
Peanut butter, oat and date balls - made with gluten and wheat free organic oats

Tuesday Meal Plan



Omnivore

Chicken and apple meatballs
Cheesy sauce
Chickpea pasta with green peas and corn kernels
Seasonal fruit
Plain yoghurt
Mini black bean brownie

Vegetarian

Superfood falafel balls
Cheesy sauce
Chickpea pasta with green peas and corn kernels
Seasonal fruit
Plain yoghurt
Mini black bean brownie

Vegan

Superfood falafel balls
Vegan cheesy sauce
Chickpea pasta with green peas and corn kernels
Seasonal fruit
Coconut yoghurt
Mini black bean brownie- vegan friendly

Gluten and Wheat free

Chicken and apple meatballs
Cheesy sauce
Chickpea pasta with green peas and corn kernels
Seasonal fruit
Plain yoghurt
Mini black bean brownie- wheat and gluten free flours used

Wednesday Meal Plan



Omnivore

Frittata cups with broccoli and cheddar cheese
Crispy air fried potato hash and melted cheese
Assorted toasted nuts
Season fruit
Plain yoghurt
Dried fruit tropical mix

Vegetarian

Frittata cups with broccoli and cheddar cheese
Crispy air fried potato hash and melted cheese
Assorted toasted nuts
Season fruit
Plain yoghurt
Dried fruit tropical mix

Vegan

Chickpea flour frittata cups with vegan cheese and veg
Crispy air fried potato hash and vegan melted cheese
Assorted toasted nuts
Season fruit
Coconut yoghurt
Dried fruit tropical mix

Gluten and Wheat free

Frittata cups with broccoli and cheddar cheese
Crispy air fried potato hash and melted cheese
Assorted toasted nuts
Season fruit
Plain yoghurt
Dried fruit tropical mix

Thursday Meal Plan



Omnivore

Mac and cheese cups
Crispy bacon bits
Steamed broccoli and green peas
Seasonal fruit
Plain yoghurt
Plant based choc chip courgette cookie

Vegetarian

Mac and cheese cups
Crispy coconut bacon bits
Steamed broccoli and green peas
Seasonal fruit
Plain yoghurt
Plant based choc chip courgette cookie

Vegan

Mac and cashew cheese cups
Crispy coconut bacon bits
Steamed broccoli and green peas
Seasonal fruit
Coconut yoghurt
Plant based choc chip courgette cookie- vegan friendly

Gluten and Wheat free

Mac and cheese cups
Crispy bacon bits
Steamed broccoli and green peas
Seasonal fruit
Plain yoghurt
Plant based choc chip courgette cookie- made with gluten and wheat free flours

Friday Meal Plan



Omnivore

Rainbow oat pancake stack
Mixed toasted nuts
Banana and berries
Crispy bacon bits
Plain yoghurt
Protein packed cookie dough balls

Vegetarian

Rainbow oat pancake stack
Mixed toasted nuts
Banana and berries
Crispy coconut bacon bits
Plain yoghurt
Protein packed cookie dough balls

Vegan

Rainbow oat pancake stack- vegan friendly
Mixed toasted nuts
Banana and berries
Crispy coconut bacon bits
Coconut yoghurt
Protein packed cookie dough balls- vegan friendly

Gluten and Wheat free

Rainbow oat pancake stack- made with gluten and wheat free flours
Mixed toasted nuts
Banana and berries
Crispy bacon bits
Plain yoghurt
Protein packed cookie dough balls- made with gluten and wheat free flours