



EAT LIKE A VAGABONDE

WEEKLY MEAL PLANNER

SUN

MON

TUE

WED

THU

FRI

SAT

BREAKFAST

**PORRIDGE
APPLE SAUCE
WITH OATS
CHEERIOS
PANCAKES
FRUITS**

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APPLE SAUCE
WITH OATS
CHEERIOS
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**PORRIDGE
APPLE SAUCE
WITH OATS
CHEERIOS
PANCAKES
FRUITS**

LUNCH

**GREEK SALAD
LETTUCE
TOMATO
BLACK OLIVES
CUCUMBER
HARD BOILED
EGGS FETA
CHEESE (ADD
FRESH FISH)
FRESH LEMON
JUICE, OLIVE
OIL**

**ZEN BUDDHA
BOWLS
QUINOA RED
CABBAGE
SWEET
POTATO
BROCCOLI
AVOCADO
KALE
BEETROOT
HUMMUS
HALLOUMI
OPTIONAL**

**STRAWBERRY
BALSAMIC
SALAD
SPINACH
BLUEBERRIES
MANGO
AVOCADO
CHIA SEEDS
GOATS
CHEESE
BALSAMIC
REDUCTION**

**STRAWBERRY
BALSAMIC
SALAD
SPINACH
BLUEBERRIES
MANGO
AVOCADO
CHIA SEEDS
GOATS
CHEESE
BALSAMIC
REDUCTION**

**GREEN
COCONUT
CURRY
MUSHROOM
ONION RED
PEPPER
COURGETTE
CARROT
GREEN CURRY
PASTE
COCONUT
MILK RICE**

**KALE SALAD
KALE OR
ROCKET
POMEGRANAT
E QUINOA
PEAR APPLE
GINGER
DRESSING
(OLIVE OIL,
DIJON
MUSTARD,
MAPLE SYRUP,
APPLE CIDER
VINEGAR WITH
GRATED
GINGER)**

**SPICY
HUMMUS
WRAP
HUMMUS
MUSHROOM
SPINACH RED
PEPPER
ONION
TOMATO
JALAPENOS
SOUR CREAM**

DINNER

**FISH
GOUJONS
HOMEMADE
FRIES AND
LEMON
GARLIC
SPINACH.
(WILT
SPINACH WITH
GARLIC,
LEMON AND
BUTTER)
LEMON CAPER
MAYONNAISE**

**GREEK SALAD
LETTUCE
TOMATO
BLACK OLIVES
CUCUMBER
HARD BOILED
EGGS FETA
CHEESE (ADD
FRESH FISH)
FRESH LEMON
JUICE, OLIVE
OIL.**

**ZEN BUDDHA
BOWLS
QUINOA RED
CABBAGE
SWEET
POTATO
BROCCOLI
AVOCADO
KALE
BEETROOT
HUMMUS
HALLOUMI
OPTIONAL**

**GREEN
COCONUT
CURRY
MUSHROOM
ONION RED
PEPPER
COURGETTE
CARROT
GREEN CURRY
PASTE
COCONUT
MILK
RICE**

**BLACK BEAN
BURGERS
HOME MADE
FRIES SLICED
TOMATO
SLICED ONION
FETA LETTUCE
GLUTEN FREE
BREAD ROLLS**

**WHITE FISH
WITH SIDES
PAN SEARED
WITH OLIVE
OIL QUINOA
POMEGRANAT
E SLICED
FENNEL,
LEMON ZEST,
LEMON JUICE,
OLIVE OIL,
SALT AND
PEPPER**

**SWEET
POTATO
CURRY SWEET
POTATOES
RED THAI
CURRY PASTA
WHITE ONION
GARLIC
CHOPPED
TOMATOES
COCONUT
MILK
CHICKPEAS
SPINACH RICE**