

Lucy Sugars

OMNIVORE MEAL PLAN

BREAKFAST

LUNCH

DINNER

MON

Pear & vanilla protein porridge & Greek yoghurt

Carrot & orange soup, oatcakes with hummus

Chicken & Puy lentil casserole & mixed leaf salad

TUES

Sourdough toast with smoked salmon & avocado & an apple

Olive, feta & tomato omelette & Greek yoghurt with nectarine

Spinach & tomato lentil dhal with wholegrain rice

WEDS

Olive, feta & spinach omelette & a banana

Pea & mint soup, avocado on rye bread

Lemon & soy salmon & sweet potato mash and steamed greens

THURS

Soaked oats, Greek yoghurt & raspberries

Roasted vegetable, feta & bean salad & an apple

Butternut squash & chickpea curry & rice

FRI

Strawberry & peanut butter protein smoothie

Roasted vegetable, feta & bean salad & an apple

Coley/Hake with lemon and dill seasoning, new potatoes & steamed greens

SAT

Scrambled eggs with tomato & basil on sourdough toast

Chickpea pancakes with tuna mayo & watercress orange

Beef chilli & baked sweet potato & mixed salad

SUN

Chickpea pancakes & mushrooms & a bowl of raspberries

Roast chicken, potatoes, steamed green vegetables

Carrot & orange soup, oatcakes & hummus

