



# WEEKLY MEAL PLANNER

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	In my produce box...
<b>Breakfast</b>	Creamy porridge topped w/ sliced <b>bananas</b> and LSA (ground linseed, sunflower seeds and almonds)	Buttermilk <b>pear</b> pancakes w/ maple syrup (served w/ chai tea!)	Sleep in .....Zzzz..	<b>Pomegranate</b> and <b>banana</b> lassi	Toasted muesli topped w/ yoghurt and <b>pears</b> poached in <b>pomegranate</b> juice	Toasted rye w/ <b>banana</b> , date and tahini topping	Warm <b>apple</b> and preserved plum porridge	Apples, Pink Ladies Apples, Granny Smith Bananas Pears Pomegranates  Carrots Celery Leeks Onions, Brown Potato Spinach
<b>Lunch</b>	Pineapple, <b>banana</b> , <b>celery</b> and chicken salad	French <b>onion</b> soup w/ grilled mozzarella and seeded mustard bread	Scrambled eggs w/ sautéed <b>leeks</b> and butter beans	Jacket <b>potato</b> w/ baked beans, shredded <b>spinach</b> , cheese and sour cream	Leftover <b>leek</b> , <b>celery</b> and walnut risotto	<b>Apple</b> and <b>celery</b> salad w/ toasted pecans in a wholemeal wrap	Moroccan-spiced cous cous w/ <b>carrot</b> , chickpeas and sultanas	
<b>Dinner</b>	Pork w/ caramelised <b>pears</b> and <b>spinach</b>	Tuna, <b>spinach</b> and ricotta cannelloni	Beef and red wine ragout w/ <b>celery</b> , <b>carrot</b> and <b>onion</b> served over rice	Saffron chicken w/ creamy <b>leek</b> , <b>celery</b> and walnut risotto	<b>Carrot</b> and <b>pomegranate</b> soup	Date night!	Beef and <b>leek</b> Shepherd's pie w/ mustard <b>potato</b> topping	
<b>Snacks/ desserts</b>	<b>Celery</b> boats w/ cream cheese and dried figs	Chocolate <b>pomegranate</b> cake	Fresh, juicy <b>Pink Ladies</b>	Fresh <b>pomegranates</b>	Baked <b>apples</b> stuffed w/ spiced stewed prunes and almonds topped w/ cream 😊	<b>Carrot</b> and <b>celery</b> sticks w/ satay dip	<b>Pomegranate</b> and <b>apple</b> crumble w/ pecans and ice cream	