

TheKitchenShed Clean Eating Meal Plan WEEK 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast 7.30am</b>	Date & Pecan Porridge with Raspberries  (recipe to come)	Eggs & Veggies with a Pear & Apple Smoothie  (recipe to come)	Sprouted Spelt Pancakes with Fresh Raspberries  (recipe to come)	Eggs & Breakfast Beans  (recipe to come)	Date & Pecan Porridge with Raspberries	Eggs & Veggies with a Pear & Apple Smoothie	Date & Pecan Porridge
<b>Snack 10am</b>	1 Boiled Egg, 1 Boiled Egg White, Celery & Organic Cottage Cheese	Medjool Dates with 25g of Nuts	1 Boiled Egg, 1 Boiled Egg White, Celery & Organic Cottage Cheese	1 Apple Sliced with Almond Butter	Veggie Sticks & Houmous	Clean Oat Bar	1 Boiled Egg, 1 Boiled Egg White, Celery & Organic Cottage Cheese
<b>Lunch 12.30pm</b>	Super Salad with Goats Cheese and Lentils  (recipe to come)	Sprouted Bread with Houmous and Salad Leaves	Leftover Quinoa with Salad	Leftover Wholegrain Rice, Houmous, Tuna & Salad	Winter Vegetable & Bean Soup with Sprouted Bread  (recipe to come)	Leftover Quinoa Chicken Salad	Smoked Mackerel with Chickpeas and Salad
<b>Snack 3pm</b>	Veggie Sticks & Houmous	1 Pear	Pear & Apple Smoothie	Medjool Dates with 25g of Nuts	Clean Oat Bar	Veggie Sticks & Houmous	Clean Oat Bar
<b>Dinner 5.30pm</b>	Chicken & Sweet Potato Curry with Quinoa and Broccoli  (blog recipe)	Mexican Stuffed Sweet Potatoes and Salad  (blog recipe)	Leftover Curry with Wholegrain Rice and Peas	Slow Cooker Whole Roast Chicken with Roasted Vegetables (blog recipe)	Chicken Quinoa Salad  (blog recipe)	Mackerel Asparagus Spaghetti  (blog recipe)	Spicy Butternut Squash & Lentil Soup  (recipe to come)
<b>Snack/Dessert - optional by 7pm</b>							