

FAMILY MEAL PLAN WEEK 4

Feed a family of four for a week for maximum nutrition & value for money.

MEAL PLAN

Monday

Bran flakes with plant-based milk and sliced banana



Canned Indian bean curry on a baked sweet potato. Fruit - an apple.



Roasted veg and lentil bobotie

Tuesday

Pan-fried Fry's sausage topped with cooked onion and tomato on a slice of wholewheat toast with slices of watermelon



Baked felafels with a Baba Ganoush salad. Fruit - nectarine



Fry's Veggie Mince with red lentil spaghetti and grated carrots

Wednesday

Home made eggless banana bran muffins with cubes of melon



Spinach and chickpea burgers on wholewheat rolls with avo smash. Fruit - peach.



Mushroom and bean ragu on creamy samp

Thursday

Oats porridge with plant based milk and slices of pawpaw



Wholewheat bread roll with hummus, vegan cheese, finely grated carrot and finely sliced red onions. Fruit - banana



Broccoli pesto pasta with green salad

Friday

Chickpea butter on toasted seed loaf with slices of banana



Pan-fried Fry's vegetarian meatballs with a chunky tomato and onion sauce on Green pea ditallini. Fruit - apple.



Canned Lentil and bean bolognese on a bed of carrot noodles with a cabbage salad

Saturday

Wholewheat pronutro with plant-based milk and a nectarine



Crunchy curried tofu flatbreads. Fruit - watermelon slices.



Pumpkin pap with Fry's veggie mince and curried cabbage

Sunday

Baked beans on toasted seed loaf topped with melted vegan cheese and cubes of pawpaw



Spicy chickpea, avocado and tomato salad. Fruit salad for fruit.



Quick potato curry with brown rice and sambals

TOP TIP

Reduce your salt intake for a healthy heart!

