



# Gluten Free & Dairy free Weekly Menu

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Sunday</b>	Egg, Vegetable & Avocado Sandwich (GF)	White Fish with Creamy Mushroom Sauce & Mix Bean Salad (DF)	Tofu Chipotle Poke Bowl with Rice	Vegan Chocolate Brownie	Orange, Carrot & Ginger
<b>Monday</b>	Blueberry Protein Pancakes with Nuts (GF/DF)	Lemon & Garlic Salmon with Parsley Potatoes & Mix Vegetables	Tandoori Paneer Stir-fry with Vegetables and Couscous Salad	Vegan Vanilla Cake	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger & Parsley
<b>Tuesday</b>	Coconut Protein Chia Seed Pudding (DF)	Chicken Cashew Stir-fry with Red Peppers, Mushrooms & Quinoa salad	White Bean Lentil & Vegetable Stew with Lemon Rice	Vegan Raspberry Cheesecake	Lemon & Mint
<b>Wednesday</b>	Nutty Overnight Oats with Mixed Fruits (DF)	Kidney Bean & Beef Chili with Cauliflower Rice & Mix Vegetables	Breaded Eggplant, Pumpkin & Kale Salad	Vegan Pineapple Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit & Cayenne
<b>Thursday</b>	Three Cheese Omlette with Vegetables (DF)	Pesto Baked Fish with Carrot-Cabbage Salad & Potatoes	Mexican Black Bean Salad with Vegetable Rice	Vegan Red Velvet Cake	Pineapple, Apple, Lemon & Mint
<b>Friday</b>	Protein Waffles with Greek Yogurt (GF/DF)	Pan-Seared Snapper with Mash Potatoes & Mix Vegetables (DF)	Mushroom & Vegetable Skillet with Brown Spaghetti (GF)	Vegan Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
<b>Saturday</b>	Mango Protein Chia Seed with Mix Fruits (DF)	Harissa Shrimp with Mix Vegetable Quinoa Salad	Chickpea Mash Vegetable Club Sandwich (GF)	Vegan Blueberry Muffin	Carrot, Apple, Ginger, Turmeric and Lemon

