

	BREAKFAST	LUNCH	DINNER
MON	1.RAINBOW IMMUNE BOOSTING SALAD 2.BUCKWHEAT PORRIDGE 3.AVO AND MUSHROOM TOAST	1.BEETROOT SALAD 2.CHICKPEA SAUCE 3.ROASTED PEPPERS AND SWEET POTATO SOUP	1.XOLIS ISRAELI SALAD 2.VEGGIE BURGERS 3.MIXED VEGETABLE CURRY WRAPS
TUES	1.BANANA OVERNIGHT OATS 2.FRESH FRUITS 3.SWEET MEALI MEAL PORRIDGE	1.BUCKWHEAT SALAD WITH ROASTED BUTTERNUT & BEETROOT 2.VEGETABLE COTTAGE PIE 3.XOLIS DAHL SOUP	1.CRUNCHY CHICKPEA SALAD 2.GARLIC BUTTER BEANS WITH RICE 3.RATATOUEILLE
WEDN	1.AVO AND MUSHROOM TOAST 2.FRESH FRUITS 3.BAKED OATMEAL SQUARES	1.CRUNCHY CHICKPEA SALAD 2.XOLIS CABBAGE AND POTATO STEW 3.PUMPKIN WITH TOMATO SAUCE	1.BEETROOT SALAD 2.CABBAGE STEAKS 3.DAHL AND AUBERGIN
THURS	1.BUCKWHEAT PORRIDGE 2.SWEET POTATO TOAST 3.RAINBOW IMMUNE BOOSTING SALAD	1.XOLIS CARROT SALAD 2.BUTTERNUT AND APPLE SOUP 3.DAHL WITH AUBERGINE	XOLIS GRREN SALAD 2.VEGETABLE MOUSSAKA 3.STEWED BEANS
FRI	BAKED BERRY OAT MEAL 2.ISIJINI-PUMPKIN PORRIDGE 3.FRESH FRUITS	1.BEETROOT SALAD 2.FAVA BEAN FULL 3.CARROT WITH SWEET POTATO	XOLIS ISRAELI SALAD 2.GARDEN PEAS AND IRISH POTATO 3.STIR FRU BROWN RICE
SAT	1.SWEET POTATO TOAST 2.FRESH FRUITS 3.AVO AND MUSHROOM TOAST	1.XOLIS GRREN SALAD 2.ROASTED BUTTERNUT ON FRESH GREENS 3.XOLI DAHL SOUP	1.BEETROOT SALAD 2.LENTIL COTTAGE PIE 3.CAULIFLOWER AND CHICKPEA CURRY
SUN	1.SWEET MEALI MEAL PORRIDGE 2BAKED OATMEAL SQUARES 3.FRESH FRUITS	1.XOLIS CARROT SALAD 2.WHOLE LENTIL SAUCE 3.PUMPKIN WITH TOMATO SAUCE	1.BUCKWHEAT SALAD WITH ROASTED BUTTERNUT & BEETROOT 2.CHICKPEA WITH POTATO 3.VEGETABLE MOUSSAKA



**UBUNTU
SAMPLE
MEAL PLAN**