

Colour My Plate Gluten free/Dairy free Weekly Menu

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|------------------------|---|---|---|--|--|---|
| Breakfast | scrambled eggs with tomato and spinach | spanish omelet | jalapeno and spinach egg cups | pumpkin zucchini fritatta | scrambled eggs with black beans tomato | mushroom omelet with sirracha sauce |
| Snack | fruit | fruit | fruit | fruit | fruit | fruit |
| Appetizer | mixed green salad with lemon oil dressing | fattoush salad | mixed greens salad | sauteed green beans with slivered almonds | tomato basil soup | mixed green salad with honey mustard dressing |
| Lunch | baked salmon with lentils quinoa in lemon herb sauce | Chicken in marinara sauce with roasted butternut and beetroot | kenyan beef and bean stew with brown rice | baked white fish in chimichurri sauce with baked potato wedges | balsamic pulled beef with brocolli and sweet potato mash | chicken tikka masala with brown rice |
| Afternoon Snack | raw oroes | peanut butter with celery sticks | raspberry chocolate tartlets | spicy edamame | almond butter with red apple | superfood energy balls |
| Appetizer | roasted turmeric carrots and eggplant | sweet asian soup | cooked vegs | sauteed spinach | steamed zucchini and carrots | roasted root veggies |
| Dinner | Beef Burgers with Avocado Green Harissa and pickled onion | prawn millet cakes with snowpeas and glass noodles in peanut dressing | sheesh taouk with quinoa tabbouleh and hummus | chili con carne | cilantro lime shrimp tacos with slaw | spinach pumpkin chicken salad with honey mustard dressing |