

## Colour My Plate Pescatarian/Vegetarian Weekly Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
<b>Breakfast</b>	quinoa sweet potato muffins	scrambled eggs with beans	apple cinnamon walnut porridge	pumpkin and spinach fritatta with tomato chutney	mango chia pudding	sweet potato pancakes with maple syrup
<b>Snack</b>	fruit	fruit	fruit	fruit	fruit	fruit
<b>Appetizer</b>	mixed green salad with lemon oil dressing	green salad with carrots	mixed greens salad	sauteed green beans with slivered almonds	moutabal with pomegranate seeds	mixed green salad with honey mustard dressing
<b>Lunch</b>	fish sayyadiyeh with yellow rice and tajine sauce	Sesame tofu and veggies with glass noodles	lebanese spinach stew with rice	chickpea balls in tomato sauce with carrot parsnip mash and brocolli	baked fish in soy honey ginger sauce with brown rice	spaghetti black bean and mushroom balls in marinara sauce
<b>Afternoon Snack</b>	carrot apple cake	pumpkin brownies	vegan lemon bars	banana raspberry flourless cake	chocolate chip trail mix	bounty bar
<b>Appetizer</b>	roasted turmeric carrots and eggplant	mixed beans soup	cooked vegs	sauteed spinach	steamed zuchinni and carrots	roasted root veggies
<b>Dinner</b>	lentil lasagna with cheese	almond crusted fish fingers with green pea mash and carrots	vegetarian chilli sin carne	shrimp fajitas with cauli rice	singaporian laksa mushroom noodle soup	roasted cauliflower burrito bowl with salsa piquante