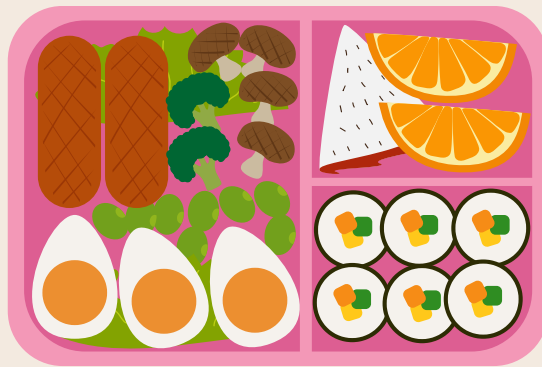
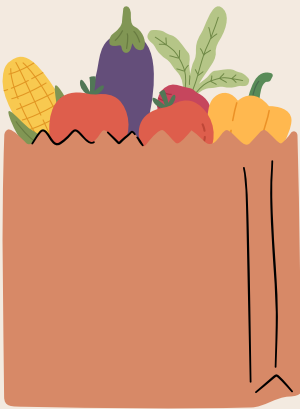


Healthy Meal Planning #3



Autumn edition

- ✓ These meals are designed to feed two people (with leftovers) though can be scaled for families
- ✓ Some elements are complimentary and can be mixed and matched with food outside of this plan
- ✓ All meals can be prepped ahead of time (notes are included in the recipes) and the soup and noodles are suitable for freezing too
- ✓ This is designed as weekday plan with flexibility built in for cooking or eating out at

Breakfast

Bircher Muesli

Recipe makes 2 servings, I recommend a x3 batch (with approx.
9g of fibre / portion)

[Recipe link](#)

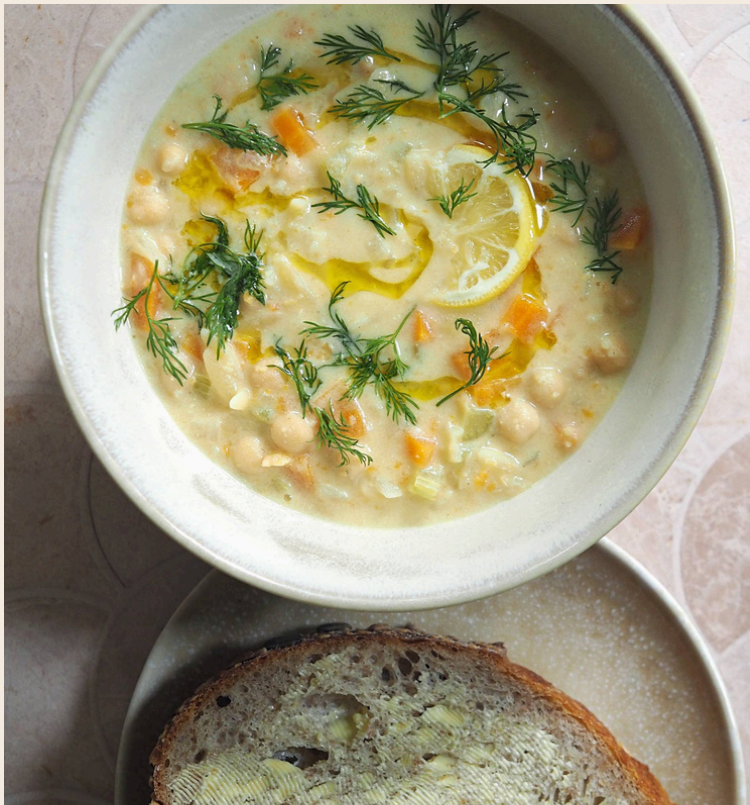


Lunch

Greek Chickpea Orzo Soup

Recipe makes 2 servings (with approx. 13g of fibre / portion), I recommend serving with fresh sourdough

[Recipe link](#)



Chickpea Salad Sandwich

Recipe makes 3 servings (with approx. 16g of fibre / portion)

[Recipe link](#)

Dinner

Miso Tofu Brothy Rice

Recipe makes 3 servings (with approx. 11g of fibre / portion)

[Recipe link](#)



Autumn Traybake Dinner

Recipe makes 2 servings (with approx. 13g of fibre / portion)

[Recipe link](#)



Tofu Mushroom Noodles

Recipe makes 2 servings (I recommend x2) (with approx. 10g of fibre / portion)

[Recipe link](#)