

# SWITCH UP YOUR MEALS

## MEAL PLANNER MENU IDEAS

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MON</b>	Toast with peanut butter and banana	Falafel and hummus wrap with roasted veg	Sweet potato and chickpea curry with rice and naan bread ( <a href="#">link</a> )
<b>TUES</b>	Granola with berries and soya yoghurt	Rice with kale and garlicky tandoori chickpeas ( <a href="#">link</a> )	Peanut butter tofu and veg stir fry ( <a href="#">link</a> )
<b>WED</b>	Toast with peanut butter and banana	Spaghetti with vegan meatballs ( <a href="#">link</a> )	Lentil shepherd's pie ( <a href="#">link</a> )
<b>THURS</b>	Scrambled egg on toast with (vegan) butter	Cheese, pickle and lettuce sandwich	Nachos with veggie chilli ( <a href="#">link</a> )
<b>FRI</b>	Vegan pancakes with blueberries and maple syrup ( <a href="#">link</a> )	Lentil and nut roast, with roast potatoes, Yorkshire puddings and veg ( <a href="#">link</a> )	Leek and potato soup with bread and butter ( <a href="#">link</a> )

With the above breakfasts costing less than 50p per person, the lunches averaging £1.80, and the dinners under £1.50, eating veggie/vegan will not only be better for your body and the planet, but also your wallet!