

Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
SATURDAY	porridge	tuna and sweetcorn pitta	apple and peanut butter	BBQ
SUNDAY	potato cakes & fried egg	tomato soup	banana	slow cooker beef & mushroom casserole
MONDAY	porridge	bacon and avocado roll	smoothie	slow cooker curried cod
TUESDAY	toast and jam	vegan mac n cheese	apple and peanut butter	slow cooker meatballs
WEDNESDAY	porridge	vegetable chilli	yoghurt	red thai prawn curry
THURSDAY	mushrooms on toast	tuna and sweetcorn pitta	banana	fakeaway oven fried chicken
FRIDAY	boiled eggs	tomato soup	smoothie	No Cook Friday

you can't clean on an empty stomach!