

Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
SATURDAY	smoked salmon scrambled eggs on crumpets	ham and cheese toastie	latte	THE KEBAB
SUNDAY	potato cakes & fried egg	tomato soup	banana	slow cooker lamb
MONDAY	omelette	ham and mustard roll	nuts	slow cooker risotto
TUESDAY	porridge	beans on toast	apple and peanut butter	swedish meatballs, cranberry gravy, root vegetable mash
WEDNESDAY	toast and jam	lentil soup	yoghurt	breaded plaice fillets, slow cooker patatas bravas <small>recipe coming soon</small>
THURSDAY	boiled eggs	tuna and sweetcorn pitta	fruit	pesto chicken kiev, potato wedges
FRIDAY	mushrooms on toast	vegetable soup	nuts	No Cook Friday

you can't clean on an empty stomach!