

MEAL PLAN

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	Breakfast	Lunch	Dinner
Monday	boiled eggs & toast	butternut squash soup	slow cooker creamy tarragon chicken
Tuesday	toast & peanut butter	chicken salad sandwich	slow cooker meatloaf
Wednesday	bacon roll	jacket potato	slow cooker chorizo chicken
Thursday	fried egg on toast	tuna sandwich	baked cod, sweet potatoes & gremolata
Friday	omelette	turkey cranberry sandwich	slow cooker aubergine pasta
Saturday	porridge	breadmaker pizza rolls	slow cooker sloppy joes
Sunday	pancakes	something from nothing tart	slow cooker gammon in pineapple

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