

MEAL PLAN

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Click on the red text for the recipe!

	Breakfast	Lunch	Dinner
Monday	smoked salmon & scrambled eggs	jacket potato	slow cooker curried cod
Tuesday	omelette	tuna salad	sausages & mash with cranberry gravy
Wednesday	porridge	tomato soup	pesto chicken kiev
Thursday	bacon & avocodo roll	chicken sandwich	slow cooker meatballs
Friday	peanut butter on toast	lentil soup	slow cooker gunpowder potatoes & naan bread
Saturday	full english	pizza rolls	fakeaway fried chicken
Sunday	yoghurt & fruit	pesto pasta	salmon en crouete

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