

# MEAL PLAN

print me out!

Click on the red text for the recipe!

	Breakfast	Lunch	Dinner
Monday	scrambled eggs on toast	lentil soup	<a href="#">slow cooker aubergine pasta</a>
Tuesday	beans on toast	prawn cocktail	<a href="#">breaded fish &amp; celeriac gratin</a>
Wednesday	yoghurt & fruit	butternut squash soup	<a href="#">three bean chilli &amp; rice</a>
Thursday	overnight oats	<a href="#">chicken salad</a>	<a href="#">katsu chicken</a>
Friday	omelette	tinned salmon & cucumber roll	<a href="#">something from nothing tart</a>
Saturday	mushrooms on toast	homemade pizza	<a href="#">fakeaway potato korma</a>
Sunday	bacon & avocodo roll	tuna salad	<a href="#">slow cooker lamb</a>

find more inspo over at  
[www.theorganisedmum.blog](http://www.theorganisedmum.blog)