

Weekly Meal Plan

click the red text for the recipe

	BREAKFAST	LUNCH	SNACKS	DINNER
SATURDAY	bacon medallions & avocado on toast	chicken salad	rice cake & peanut butter	THE KEBAB
SUNDAY	smoked salmon melon	pizza rolls	banana	roast chicken
MONDAY	omelette	ham and mustard roll	nuts	something from nothing tart
TUESDAY	porridge	beans on toast	apple & peanut butter	red thai prawn curry
WEDNESDAY	toast and jam	lentil soup	yoghurt	slow cooker meatballs
THURSDAY	boiled eggs	tinned salmon & cucumber roll	fruit	slow cooker curried cod
FRIDAY	mushrooms on toast	tuna salad	nuts	No Cook Friday

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you can't clean on an empty stomach!