

# thrifty meal plan

the  
organised  
mum  
method

days

what's cooking?

m

[Slowcooker pasta puttanesca](#).....

t

[Slowcooker gammon in pineapple](#).....

w

[Slowcooker jacket potatoes](#).....

t

[Slowcooker cowboy beans](#).....

f

[Slowcooker beef brisket](#).....

