

thrifty meal plan

the
organised
mum
method

days

what's cooking?

m

[Red Thai Prawn Curry \(dairy free\)](#)

t

[Lasagne \(dairy free\)](#)

w

[Pesto Chicken Kiev \(dairy free\)](#)

t

[Fish Pie \(dairy free\)](#)

f

[Date Night Chorizo Prawns \(dairy free\)](#)

s

[Slow Cooker Veggie Bean Chilli \(dairy free\)](#)

s

[Pesto cod wrapped in bacon \(dairy free\)](#)

