

# thrifty meal plan

the  
organised  
mum  
method

days

what's cooking?

m

[Salmon en Croute](#)

t

[Chicken Katsu Curry](#)

w

[Slow Cooker Meatballs](#)

t

[Crispy Duck Legs in the Sweetest Stickiest Plum Sauce](#)

f

[Breadmaker Pepperoni & Pesto Pizza Rolls](#)

