

# MEAL PLAN

print me out!

Click on the red text for the recipe!

	Breakfast	Lunch	Dinner
Monday	toast & lemon curd	tomato soup	<a href="#">slow cooker pulled pork</a>
Tuesday	bacon & avocodo roll	<a href="#">tuna pate on crispbread</a>	<a href="#">slow cooker pasta puttanesca</a>
Wednesday	boiled eggs & toast	jacket potato	<a href="#">slow cooker lamb koftas</a>
Thursday	omelette	<a href="#">chicken &amp; apple salad</a>	<a href="#">pesto cod wrapped in bacon</a>
Friday	fried egg on toast	lentil soup	<a href="#">slow cooker arrabiata</a>
Saturday	pancakes	hot dogs	<a href="#">fakeaway chicken korma</a>
Sunday	waffles	<a href="#">slow cooker beans on toast</a>	<a href="#">salmon en crouete</a>

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