

# Weekly Meal Plan

click the red text for the recipe

	BREAKFAST	LUNCH	SNACKS	DINNER
SATURDAY	smoked salmon & scrambled eggs	jacket potato & tuna mayo	rice cakes	<a href="#">slow cooker arrabiata</a>
SUNDAY	overnight oats	tomato soup	latte	<a href="#">boozy lamb</a>
MONDAY	omelette	tuna salad	rice cake & peanut butter	<a href="#">slow cooker veggie chilli</a>
TUESDAY	toast and honey	butternut squash soup	grapes	<a href="#">slow cooker potato korma</a>
WEDNESDAY	fried egg & potato farls	ham & cheese toastie	banana	<a href="#">dairy free chicken kiev</a>
THURSDAY	avocado toast	jacket potato & beans	3 squares dark choc	<a href="#">slow cooker curried cod</a>
FRIDAY	porridge	chicken salad sandwich	apple & peanut butter	No Cook Friday

you can't clean on an empty stomach!