

Weekly Meal Plan

click the red text for the recipe

	BREAKFAST	LUNCH	SNACKS	DINNER
SATURDAY	boiled eggs & toast	turkey & cranberry sandwich	banana	salmon en crouete
SUNDAY	full english brunch		rice cake & peanut butter	slow cooker lamb
meat free MONDAY	mushrooms on toast	tomato soup	latte	slow cooker aubergine & lentil pasta
TUESDAY	smoked salmon & scrambled eggs	apple & chicken salad	grapes	pesto cod wrapped in bacon
WEDNESDAY	toast and jam	tuna pate on toast	rice cakes	slow cooker gammon
meat free THURSDAY	porridge	jacket potato & beans	3 squares dark choc	slow cooker pasta puttanesca
FRIDAY	bacon sandwich	egg & cress sandwich	apple & peanut butter	No Cook Friday

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you can't clean on an empty stomach!