

Weekly

MEAL PLAN

	MON	TUE	WED	THU	FRI
BREAKFAST	Blueberry banana pancakes	Avocado & tomato toast	Peanut butter & jam toast	Veggie omelette + blackberries	Mushrooms on toast + kiwi

	MON	TUE	WED	THU	FRI
LUNCH	Pastrami sandwich	Greek salad w/grilled chicken	Toasted turkey, apple cheese wrap	Root vegetable soup	Croque Monsieur

	MON	TUE	WED	THU	FRI
DINNER	Spanish omelette w/salad	Vegetable stew	Mustard chicken & potatoes	Posh beans on toast	Cod & asparagus with melting potatoes

