

Meal Planner

Take the stress out of the nightly dinner struggle

	MON	TUE	WED	THU	FRI
BREAKFAST	BBC Frittata	<u>Creamy Scrambled Eggs with ham</u>	<u>Everything but the kitchen sink frittata</u>	<u>Everything but the kitchen sink frittata</u>	BBC Frittata

	MON	TUE	WED	THU	FRI
LUNCH	<u>Healthier Sausage Rolls</u>	Coconut fish curry in a hurry	<u>Slow cooker Mongolian beef</u>	Best ever spaghetti Bolognese	<u>Korean beef tacos</u>


	MON	TUE	WED	THU	FRI
DINNER	Coconut fish curry in a hurry	<u>Slow cooker Mongolian beef</u>	Best ever spaghetti Bolognese	<u>Korean beef tacos</u>	<u>Quesadilla Burger</u>



Your diet is a bank account.
Good food choices are good
investments.”

BETHENNY FRANKEL

Becoming Nikki

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