



Weekly Meal Planner

Plan Thirteen



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Breakfast	egg, bacon, beans and toast	strawberry baked oats	scrambled eggs and toast, mackerel	blueberry overnight oats	strawberry overnight oats	scrambled eggs and toast, mackerel	blueberry baked oats
Lunch	roast chicken, roast potatoes, cabbage, peas, sweetcorn chocolate ice cream	oven frittata with sweet potato chips	jacket potato and cheesy beans	peperonata and rice	tomato pasta topped with cheese	avocado, tomato and orange salad, with Brie. Have this whenever the avocados are ripe	chole and flatbread
Dinner	fruit and yogurt	chicken and bean salad, with vinaigrette	vegetable crumble, roasted carrots	pepperoni pizza	Goan chicken curry and rice	beef burgers, oven wedges and sweetcorn cobs	red pepper tart, coleslaw
Snack	have these whenever you want them	bake a loaf	oaty biscuits	apple crumble			
Shopping	use the chicken carcass to make stock, and use to make mixed vegetable soup						