

Weekly Meal Planner



	BREAKFAST	LUNCH	SNACK	DINNER	DESSERT
MON	Coconut Banana Porridge	Sesame Spelt Bread w avo, tom & salad (W)	Super Seeded Snack Bars (F)	Broccoli Falafels w Tahini Drizzle (L)	Banana Ginger Cake
TUE	↓	↓	↓	Butternut Blonde Lasagne	↓
WED	↓	↓	↓	Butternut Blonde Lasagne (L)	↓
THUR	Fruit salad, coconut yoghurt & muesli (W)	Phish Burgers (F)	Chocolate Peanut Butter Fudge	4C Soup + Sesame Spelt Bread	Fresh fruit, nuts & dark chocolate (W)
FRI	↓	Creamy Braised White Beans (F)	↓	4C Soup + Sesame Spelt Bread (L)	↓
SAT	↓	out	↓	Lentil Bolognese (F)	↓
SUN	↓	Sesame Spelt Bread w avo, tom & sauerkraut	↓	Broccoli Falafels w Tahini Drizzle	↓

L or ↓ = leftovers
 F = freezer meals
 W = winging it

Add a big side salad or steamed vege to all your lunches & dinners

Weekly Meal Planner



	BREAKFAST	LUNCH	DINNER	SNACKS + DESSERT
MON	Fruit salad with coconut yoghurt & muesli	Sesame Spelt Bread w Avo, Tom & Sauerkraut	Butternut Blonde Lasagne (LO)	Anzac Biscuits + Classic Apple Cake
TUE	↓	Phish Burgers (F)	Spiced Cauli Fritters	↓
WED	↓	Lentil Bolognese (F)	Spiced Cauli Fritters (LO)	↓
THUR	Oats with fruit & plant milk	Creamy Braised Beans on Toast (F)	Classic Tomato Soup + Toast	Carob Rough + Choc Espr Tart (F)
FRI	↓	Creamy Braised Beans on Toast (F)	Classic Tomato Soup + Toast (LO)	↓
SAT	↓	out	out	↓
SUN	↓	out	Butternut Blonde Lasagne	↓

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