





MENU PLANNER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST 	Avocado on sourdough	Bircher Muesli w/ seasonal fruit	Bircher Muesli w/ seasonal fruit	Breakfast Hash	Breakfast Hash	Avocado on toast	French Toast
LUNCH 	Antipasto plate AKA leftovers!	Tuna, Avocado, Feta Smash	Minestrone Soup w/ sourdough	Minestrone Soup	Leftover Zucchini Slice	Leftover sausages + salad	Lunch in a Pan
DINNER 	Chicken Stirfry	Bolognese with pasta and Easy Veggie Side	Easy as Pie w/ raw veggie medley	Zucchini Slice + Salad	Easy Sausage & Veggies	Sweet Potato & Zucchini Fritters w/ avocado and feta	Roast Chicken & Roast Veggies
SNACK 	Popcorn	Choc Banana Cake + handful of nuts	Choc-Banana Cake + boiled eggs	Simple Smoothie + Bliss ball	Bliss balls + Pesto & veggie sticks	Simple Smoothie + pesto & veggies sticks	Choc Chip Cookies