

WEEKLY MEAL PLAN

	WEEK 1	WEEK 2
MONDAY	veggie and lentil curry you made on the weekend	chickpea tagine you made on the weekend
TUESDAY	chicken and hokkien noodle stir fry	Beef and broccoli stir fry with brown rice
WEDNESDAY	Warm Thai beef salad	Warm Vitenamese chicken salad
THURSDAY	Spag bolg (from the freezer) with salad	Bolognese sauce (from the freezer) that you add a tin of kidney beans and some chili to make taco or burrito fillings

Source:
Caroline Trickey, Dietitian of healthyhomecafe.com



FRESHANDCLEAN.NET.AU
1300 733 177

