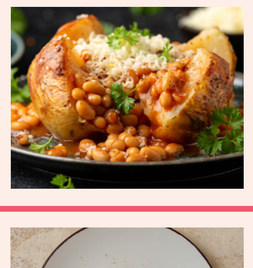
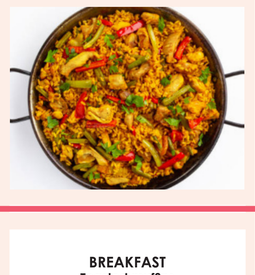
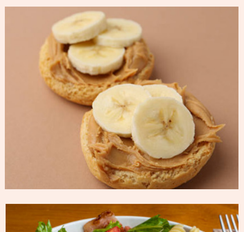
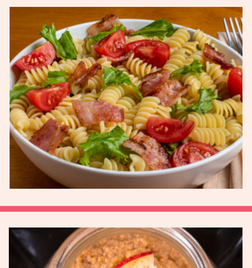
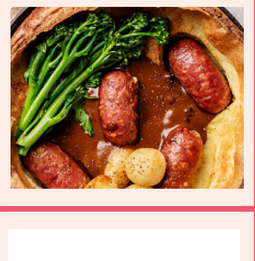
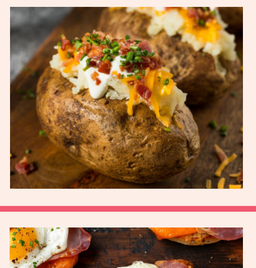
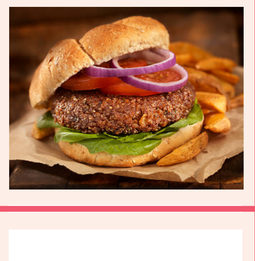
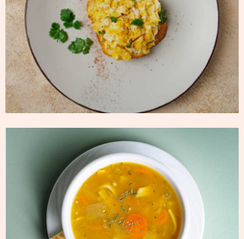
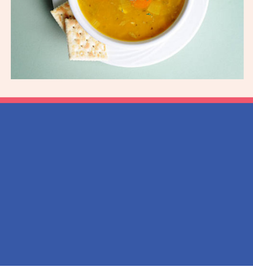
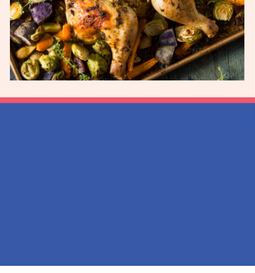
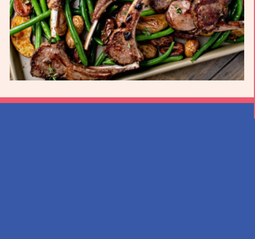
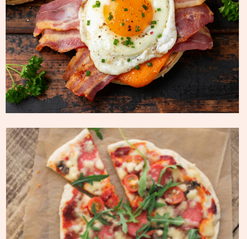
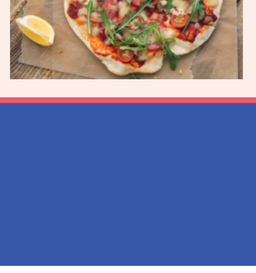
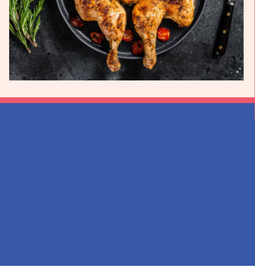
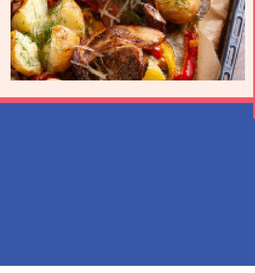
NATHAN AND MATT'S MEAL PLANNER

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	**BREAKFAST** Porridge and berries **LUNCH** Pesto and pepper pasta salad **DINNER** Mince fajitas	**BREAKFAST** Toast with toppings **LUNCH** Tuna mayo pasta salad **DINNER** Spaghetti bolognese, garlic bread	**BREAKFAST** Blueberry overnight oats **LUNCH** Tomato and basil soup, ham sandwiches **DINNER** BFC chicken, Mexican rice and broccoli	**BREAKFAST** French toast with fruit and yoghurt **LUNCH** Cheese and veg frittata **DINNER** Cottage pie, peas and carrots
TUE	**BREAKFAST** Bagels, peanut butter and banana **LUNCH** Sausage rolls, carrots and houmous **DINNER** Mexican frittata, salad	**BREAKFAST** Toasted muffins with scrambled eggs **LUNCH** Cheese and veg frittata **DINNER** Chicken korma, rice	**BREAKFAST** Porridge with banana and cinnamon **LUNCH** Chicken mayo pittas **DINNER** Mince fajita burrito bowls, salad	**BREAKFAST** Toast with toppings **LUNCH** Tuna mayo pasta salad **DINNER** Spaghetti bolognese, garlic bread
WED	**BREAKFAST** Apple pie overnight oats **LUNCH** Tomato and basil soup, ham sandwiches **DINNER** Mediterranean hake parcels, cous cous, salad	**BREAKFAST** French toast with fruit and yoghurt **LUNCH** Egg, ham and cheese muffins **DINNER** Sausage traybake	**BREAKFAST** Bagels, peanut butter and jam **LUNCH** Pesto and pepper pasta salad **DINNER** Chicken and chorizo baked paella, salad	**BREAKFAST** Porridge and berries **LUNCH** Butternut squash soup, cheese sandwiches **DINNER** Homemade pizza
THU	**BREAKFAST** Toast with toppings **LUNCH** Sundried orzo pasta salad **DINNER** BFC chicken, baked potatoes, green beans	**BREAKFAST** Porridge and berries **LUNCH** Baked potatoes with toppings **DINNER** Cottage pie, peas and carrots	**BREAKFAST** Yoghurt, granola and toppings **LUNCH** Paella rice stuffed peppers **DINNER** Mexican frittata, salad	**BREAKFAST** Bagels, peanut butter and banana **LUNCH** BLT pasta salad **DINNER** Honey chicken, noodles and pak choi
FRI	**BREAKFAST** French toast with fruit and yoghurt **LUNCH** Chicken mayo pittas **DINNER** Burgers, chips and corn on the cob	**BREAKFAST** Pancakes with bacon and maple syrup **LUNCH** Butternut squash soup, ham sandwiches **DINNER** Homemade calzones	**BREAKFAST** Crumpets with poached eggs **LUNCH** Cheese and veg frittata **DINNER** Mediterranean hake parcels with potatoes	**BREAKFAST** Toasted muffins with scrambled eggs **LUNCH** Egg, ham and cheese muffins **DINNER** Sausage traybake
SAT	**BREAKFAST** Pancakes with bacon and maple syrup **LUNCH** Baked potatoes with toppings **DINNER** Chicken and chorizo baked paella  	 **BREAKFAST** Bagels, peanut butter and banana **LUNCH** BLT pasta salad **DINNER** Meatball toad in the hole, mash and broccoli  	**BREAKFAST** French toast with fruit and yoghurt **LUNCH** Baked potatoes with toppings **DINNER** Burger and chips, salad  	**BREAKFAST** Apple pie overnight oats **LUNCH** Baked potatoes with toppings **DINNER** Meatball toad in the hole
SUN	 **BREAKFAST** Toasted muffins with scrambled eggs **LUNCH** Chunky vegetable soup, French bread **DINNER** Sunday spatchcock chicken  	**BREAKFAST** Apple pie overnight oats **LUNCH** Tuna melt paninis **DINNER** Minted lamb traybake and flatbreads 	 **BREAKFAST** Bacon and eggs on toast **LUNCH** Tortilla pizzas **DINNER** Sunday spatchcock chicken  	**BREAKFAST** Pancakes with bacon and maple syrup **LUNCH** Ham and cheese paninis **DINNER** Minted lamb traybake, tzatziki 

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