LONG FAMILY'S MEAL PLANNER

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	**BREAKFAST** Yoghurt, granola and berries **LUNCH** Pesto and pepper pasta salad **DINNER** Cod, chorizo and paprika traybake	**BREAKFAST** Bagels, peanut butter and banana **LUNCH** Butternut squash soup, cheese sandwiches **DINNER** Mince fajitas, wraps and salad	**BREAKFAST** Porridge with banana and cinnamon **LUNCH** Cheese and veg frittata **DINNER** Creamy carrot, sweet potato and paneer dal, naan	**BREAKFAST** Apple pie overnight oats **LUNCH** Egg, ham and cheese muffins **DINNER** Pesto stuffed chicken, mash and broccoli
TUE	**BREAKFAST** Toast with toppings **LUNCH** Sausage rolls, carrots and hummus **DINNER** Pizza stuffed chicken breasts, wedges and salad	**BREAKFAST** Porridge and berries **LUNCH** Tuna mayo pasta salad **DINNER** Mediterranean hake parcels, couscous	**BREAKFAST** French toast with fruit and yoghurt **LUNCH** Tomato and basil soup, ham sandwiches **DINNER** BFC chicken, wedges and salad	**BREAKFAST** Bagels, peanut butter and banana **LUNCH** Baked potatoes with toppings **DINNER** Mince fajita burrito bowls with rice
WED	**BREAKFAST** Bagels, peanut butter and jam **LUNCH** Tomato and basil soup, ham sandwiches **DINNER** Creamy carrot, sweet potato and paneer dal, rice	**BREAKFAST** Apple pie overnight oats **LUNCH** Cheese and veg frittata **DINNER** Chicken harissa koftas, pitta bread, hummus and salad	**BREAKFAST** Crumpets with poached eggs **LUNCH** Sundried orzo pasta salad **DINNER** Cod, chorizo and paprika traybake	**BREAKFAST** Porridge and berries **LUNCH** Butternut squash soup, cheese sandwiches **DINNER** Chicken korma, baked potatoes and salad
THU	**BREAKFAST** Blueberry overnight oats **LUNCH** Chicken mayo pittas **DINNER** BFC chicken, cous cous salad	**BREAKFAST** Toast with toppings **LUNCH** Egg ham and cheese muffins **DINNER** Mac and cheese	**BREAKFAST** Yoghurt, granola and toppings **LUNCH** Baked potatoes with toppings **DINNER** Pizza stuffed chicken breasts, couscous and salad	**BREAKFAST** French toast with fruit and yoghurt **LUNCH** BLT pasta salad **DINNER** Mediterranean hake parcels, new potatoes
FRI	**BREAKFAST** French toast with fruit and yoghurt **LUNCH** Baked potatoes with toppings **DINNER** Burgers, chips and corn on the cob	**BREAKFAST** Toasted muffins with scrambled eggs **LUNCH** BLT pasta salad **DINNER** Chicken korma, rice and naan	**BREAKFAST** Bagels, peanut butter and jam **LUNCH** Chicken mayo pittas **DINNER** Pizza	**BREAKFAST** Toast with toppings **LUNCH** Cheese and veg frittata **DINNER** Chicken harissa koftas, wedges, salad
SAT	**BREAKFAST** Crumpets with poached eggs **LUNCH** Sundried orzo pasta salad **DINNER** Calzones	**BREAKFAST** French toast with fruit and yoghurt **LUNCH** Tuna melt paninis **DINNER** Pesto stuffed chicken, spaghetti & roasted tomatoes	**BREAKFAST** Blueberry overnight oats **LUNCH** Tortilla pizzas **DINNER** Burgers, coleslaw and wedges	**BREAKFAST** Toasted muffins with scrambled eggs **LUNCH** Tuna mayo pasta salad **DINNER** Mac and cheese
SUN	**BREAKFAST** Bacon and eggs on toast **LUNCH** Chunky vegetable soup, French bread **DINNER** Sunday spatchcock roast chicken	**BREAKFAST** Pancakes with bacon and maple syrup **LUNCH** Baked potatoes with toppings **DINNER** Cottage pie with veggies	**BREAKFAST** Bacon and eggs on toast **LUNCH** Pesto and pepper pasta salad **DINNER** Steak pie, greens	**BREAKFAST** Pancakes with bacon and maple syrup **LUNCH** Ham and cheese paninis **DINNER** Sausage traybake