

SELLERS FAMILY'S MEAL PLANNER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON



BREAKFAST
Porridge, banana and cinnamon
LUNCH
Tomato and basil soup with cheese sandwiches
DINNER
Cajun salmon, noodles and veggies



BREAKFAST
Apple pie overnight oats
LUNCH
Greek rice salad
DINNER
Cod pesto parcels, cous cous



BREAKFAST
Cereal and fruit
LUNCH
Cheese and veg frittata
DINNER
Mince fajitas, salad



BREAKFAST
Bagels with peanut butter and jam
LUNCH
BLT pasta salad
DINNER
Pesto mozzarella stuffed chicken with baked potatoes and veg



TUE



BREAKFAST
Toast with toppings
LUNCH
Ham and cheese egg muffins
DINNER
Chinese honey chicken with egg fried rice



BREAKFAST
Porridge with berries
LUNCH
Butternut squash soup with ham sandwiches
DINNER
Pesto mozzarella stuffed chicken with wedges and salad



BREAKFAST
Bagels with peanut butter and banana
LUNCH
Tuna mayo pasta salad
DINNER
Peanut chicken curry and rice



BREAKFAST
Apple pie overnight oats
LUNCH
Sausages rolls with hummus and carrots
DINNER
Tuna hash bake with salad



WED



BREAKFAST
Granola, yoghurt and berries
LUNCH
Tuna mayo pasta salad
DINNER
Mince fajitas with salad



BREAKFAST
Toast with toppings
LUNCH
Sundried tomato orzo pasta salad
DINNER
Tuna hash bake with peas



BREAKFAST
Blueberry overnight oats
LUNCH
Chicken mayo pittas
DINNER
Porcini mushroom alfredo bake with peas



BREAKFAST
Cereal and fruit
LUNCH
Chunky vegetable soup with ham sandwiches
DINNER
Burgers, pitta and salad



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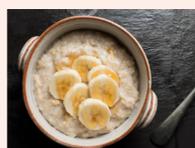
BREAKFAST
French toast with blueberries and maple syrup
LUNCH
Chicken Caesar baguettes
DINNER
Porcini mushroom alfredo bake with peas



BREAKFAST
Toasted crumpets with poached eggs
LUNCH
Chunky vegetable soup with baguettes
DINNER
Curried chicken and chickpea pie with sag aloo



BREAKFAST
Yoghurt, granola and fruit
LUNCH
Chicken noodle soup jars
DINNER
Cajun salmon, couscous and salad



BREAKFAST
Porridge with banana and cinnamon
LUNCH
Beetroot hummus pittas
DINNER
Mediterranean hake parcels with potatoes



FRI



BREAKFAST
Bagels with peanut butter and jam
LUNCH
BLT pasta salad
DINNER
Peanut chicken curry with rice



BREAKFAST
Yoghurt with granola and fruit
LUNCH
Cheese ham and pesto bagels
DINNER
Burgers, coleslaw and corn on the cob



BREAKFAST
Bacon and eggs
LUNCH
Pesto pasta salad
DINNER
Dauphinoise cottage pie with green beans



BREAKFAST
French toast with yoghurt and banana
LUNCH
Ham and cheese paninis
DINNER
Chilli with nachos, guacamole and salad



SAT



BREAKFAST
Bacon and eggs on toast
LUNCH
Baked potatoes with toppings
DINNER
Dauphinoise cottage pie with green beans



BREAKFAST
Breakfast burritos
LUNCH
Tortilla pizzas
DINNER
Chicken shawarma, flatbreads, hummus and salad



BREAKFAST
Porridge with berries
LUNCH
Tuna melt paninis
DINNER
Mac and cheese with crispy bacon



BREAKFAST
Pancakes with bacon
LUNCH
Tomato and basil soup with baguettes
DINNER
Spatchcock chicken



SUN



BREAKFAST
Pancakes with chocolate spread and banana
LUNCH
Sausages rolls with carrots and hummus
DINNER
One pot roast chicken



BREAKFAST
French toast with fruit
LUNCH
Ham and cheese paninis
DINNER
Steak pie with veggies



BREAKFAST
Toasted muffins with scrambled eggs
LUNCH
Baked potatoes with toppings
DINNER
Sausage traybake



BREAKFAST
Toast with toppings
LUNCH
Tortilla pizzas
DINNER
Curried chicken and chickpea pie with peas

