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
THU	**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

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