

WEEKLY MEAL PLANNER



	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	In my produce box...
Breakfast	Banana, carrot and yoghurt smoothie	Ginger pecan waffles w/ pear and blackberry sauce and yoghurt	Sleep inZzzz	Creamy banana oatmeal w/ preserved apricots	Stewed pear halves topped w/ yoghurt and toasted muesli	Bircher muesli w/ grated apple , nutmeg and walnuts	Toasted English muffins w/ poached eggs, served w/ fresh apple juice	Apples Bananas Pears Carrot Celery Corn Eggplant Garlic Onion Potato Spinach Spring onions
Lunch	Celery, carrot and apple wrap w/ cottage cheese and raisins	Chicken noodle soup w/ corn and celery	Bacon, brie and spinach omelette	Tuna w/ leftover cannellini bean, spinach and chilli salad	Out for lunch	Celery and peanut butter on volkornbrot (yum!)	Last night's veggie burgers w/ spring onion relish and creamy potato salad	
Dinner	Mexican kidney bean and corn hotpot w/ Southern corn bread	Pan-fried snapper w/ cannellini bean, spinach and chilli salad	Spiced lamb kebabs w/ eggplant and currant cous cous	Thai green curry w/ eggplant and potato served over rice	Chicken and vegetable pie w/ spring onion relish	Veggie burgers on toasted rolls w/ chunky cajun potato wedges and garlic mayo	Red lentil and spinach dhal w/ roti	
Snacks	Fruit toast w/ cashew nut and pear butter	Bloody Mary's w/ celery swizzle sticks	Sun-dried tomato and onion scones served warm w/ butter	Apples	Apple, carrot and celery juice	Leftover sun-dried tomato and onion scones w/ grilled cheese	Crusty garlic bread	