

# WEEKLY MEAL PLANNER



|                  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  | Sunday   | In my produce box... |
|------------------|--|---|---|---|--|---|--|----------------------|
| <b>Breakfast</b> | Muesli w/ yoghurt and diced <b>rockmelon</b>                   | Peanut butter and <b>banana</b> toasted sandwich      | Porridge w/ cinnamon <b>pears</b>                         | <b>Rockmelon</b> and <b>banana</b> smoothies  | Bircher muesli w/ grated <b>apple</b>                          | <b>Apple</b> oat muffins w/ stewed <b>pears</b> and yoghurt | Sleep in (zzzz...)                             |                      |
| <b>Lunch</b>     | <b>Salad</b> wrap w/ smoked tofu and fresh <b>basil</b>        | Curried egg and <b>lettuce</b> sandwich               | <b>Tabouleh</b> w/ mixed beans, pasta shells and almonds  | Roast <b>veggie</b> Turkish rolls w/ chicken  | Tuna and <b>zucchini</b> patties in pita bread w/ <b>salad</b> | Spanish omelette w/ <b>potato</b> and <b>zucchini</b>       | <b>Apple</b> pancakes w/ cinnamon cider syrup  |                      |
| <b>Dinner</b>    | Miso soup w/ chicken, <b>capsicum</b> and <b>spring onions</b> | <b>Zucchini</b> and lemon pasta w/ <b>basil</b> pesto | Moroccan spiced lamb w/ <b>roasted vegetable</b> couscous | Tuna and <b>zucchini</b> patties w/ cheesy <b>pumpkin</b> and <b>carrot</b> polenta | Caramelised <b>spring onion</b> tartlets w/ <b>green salad</b> | Out for dinner ☐  | Roast <b>garlic</b> and <b>pumpkin</b> risotto |                      |

**Snacks**

Yoghurt w/  
sliced  
**bananas**  
and pepitas

Fresh  
**rockmelon**  
slices

**Orange**  
almond loaf

Fresh  
**bananas**

Leftover  
**orange**  
almond loaf

**Pear** slices  
on  
pumpernickel  
bread w/  
cottage  
cheese and  
walnuts

Leftover  
**apple** oat  
muffins

