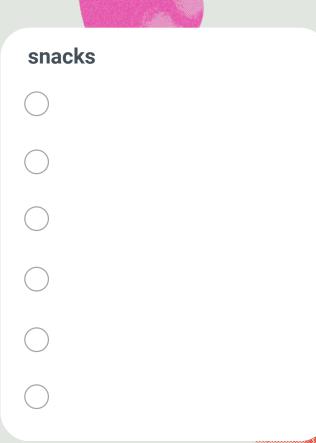
meal planner.





notes

meal ideas

meat-free monday

Start the week by exploring plant-based meals that bring fibre, flavour & colour!

- Quinoa nourish bowl
- Zesty pesto pasta salad
- Roast vegetable frittata
- Cauliflower dahl with pilaf rice
- Rainbow bean risoni

travel-the-world tuesday

Take your taste buds on a trip & explore a new cuisine or flavour.

- Moroccan red lentil soup
- Thai green chicken curry
- Butter chicken
- Greek chicken bowl

wrap it up wednesday

Roll into midweek with wraps, burritos, sushi & pita pockets for a quick, fun meal.

- Beef enchiladas
- Kale Caesar salad
- Breakfast burrito

two-for-one thursday

Double or triple a recipe & portion for lunches, or freeze for later.

- Nourishing tomato & chicken curry
- Cream of broccoli soup
- Zesty leek and cannellini bean soup
- Beef, vegetable and pearl barley soup
- Zucchini fritters

fun food friday

- Pizza with herbs from the garden
- Cauliflower fried rice
- Mexican spaghetti squash boats
- Stuffed eggplant parmigiana

street food saturday

Recreate vibrant, grab-and-go favourites at home for a fun, flavour-packed weekend meal.

- Sweet potato, salmon and pea fishcakes
- Zucchini and spinach tots
- Burrito bowl

slow cooker sunday

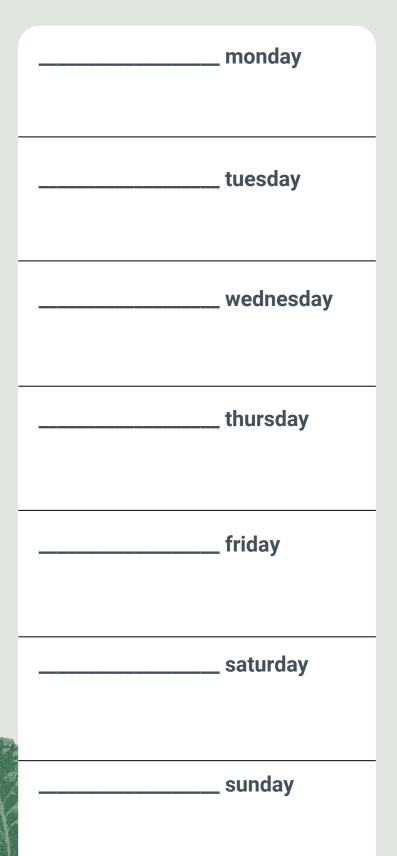
Set and forget a hearty stew, curry or roast. Let them simmer away while your relax and recharge for the week ahead.

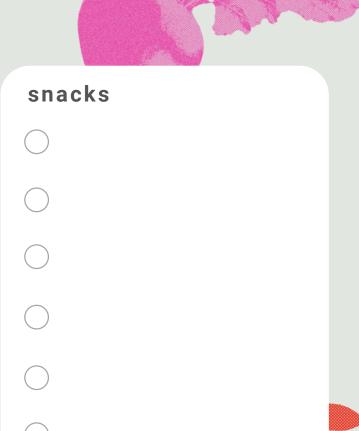
- Beef, vegetable and pearl barley soup
- Moroccan red lentil soup

snacks

- Zucchini and spinach tots
- · Gluten free carrot cake
- Roast vegetable frittata
- Bliss balls
- Fruit kebabs
- Fruit salad
- Egg slice
- Quinoa, feta, roasted capsicum and corn muffins

meal planner.





notes

meal ideas

monday		saturday
monday		Saturday
tuesday		sunday
 wednesday		
	snacks	
thursday		
friday		