

meal planner.

meat-free monday

tray bake tuesday

world flavours wednesday

two-for-one thursday

fun food friday

street food saturday

slow cooker sunday

snacks

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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 you 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](#)

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snacks