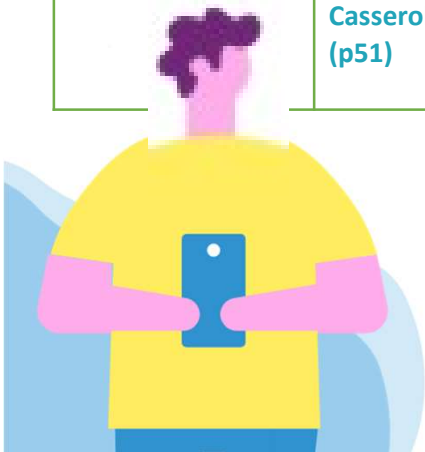


MABS Meal Planner



	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Finish the week strong with your own suggestions. Remember to stick to a plan and include the ingredients on your weekly shopping list.
Breakfast	Porridge (Page 15) 	French Toast with Ricotta and Berries 	Pancakes (p79) 	Veggie-topped Bagels with poached egg 	Scrambled Eggs (p14) 	
Lunch	Packed Lunch (p76) 	Caprese Pitta Pocket 	Cajun Chicken Wrap	Potato Cakes (p82) 	Quiche (p80) 	
Snack	Homemade guacamole and rye bread (p84) 	Crunchy fruit and yogurt 	Grapes and Walnuts 	Nectarine, Strawberry and Banana Smoothie 	Sweet Potato Crisps 	
Dinner	Chicken & Vegetable Casserole (p51) 	Grilled Salmon Cutlets (p49)	Beef Burgers (p29)	Fab Fajitas	Chicken Curry or Chickpea and Lentil Curry 	



Top Tip

If you don't have ricotta for the French toast, you can use natural yogurt or fresh cream if you have it.

Take a screenshot on your phone and share in your family WhatsApp

