

WEEKLY MEAL PLANNER 01

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Herby Breakfast Sausages	BREAKFAST Herby Breakfast Sausages	BREAKFAST Turmeric Poached Egg	BREAKFAST Asian Scrambled Eggs	BREAKFAST Cottage Cheese Protein Pancakes	BREAKFAST Turmeric Poached Egg	BREAKFAST Cottage Cheese Protein Pancakes
LUNCH Pear, Cured Ham & Walnut Salad	LUNCH Leftover Jerk Chicken with Cauliflower Rice	LUNCH Healthy Coronation Chicken Salad	LUNCH Healthy Coronation Chicken Salad	LUNCH Leftover Homemade Quinoa chicken Nuggets	LUNCH Grilled Vegetable Salad with Tuna	LUNCH Pear, Cured Ham & Walnut Salad
SNACK E.g. Banana Chocolate Bites, Fit Almond Energy Balls	SNACK E.g. Banana Chocolate Bites, Fit Almond Energy Balls	SNACK E.g. Banana Chocolate Bites, Fit Almond Energy Balls	SNACK E.g. Banana Chocolate Bites, Fit Almond Energy Balls	SNACK E.g. Banana Chocolate Bites, Fit Almond Energy Balls	SNACK E.g. Banana Chocolate Bites, Fit Almond Energy Balls	SNACK E.g. Banana Chocolate Bites, Fit Almond Energy Balls
DINNER Jerk Chicken with Cauliflower Rice	DINNER Tom Yum Soup with Shrimps	DINNER Leftover Tom Yum Soup with Shrimps	DINNER Homemade Quinoa chicken Nuggets with side of choice	DINNER Warm Salmon Quinoa Salad	DINNER Meal Out – Enjoy!	DINNER Leftover Warm Salmon Quinoa Salad