

# Meal planning

Plan your families weekly meal plan roughly so that you know what to put on your shopping list.

Here is an example

## DAY 1



### Breakfast

Poached egg on wholegrain



### Snack

Apple and nuts



### Lunch

Tuna Salad



### Afternoon Snack

Almond spread on Rye-vita



### Dinner

Mediterranean Chicken & Veg  
Bake served with salad



### Treat

Strawberries and cinnamon  
yogurt dip

## DAY 2



### Breakfast

Fruit salad, yoghurt and muesli



### Lunch-box

Wrap, Banana & walnuts for  
lunch & healthy snack bar for  
afternoon tea.



### Dinner

Cashew nut stir-fry

## DAY 3



### Breakfast

Smoothie and a slice of toast



### Snack

Mandarin and walnuts



### Lunch

Left over Cashew nut stir-fry



### Afternoon Snack

Veggie sticks and Humus



### Dinner

Minestrone and quinoa Soup

## DAY 4



### Breakfast

Fruit salad, yoghurt and muesli



### Lunch-box

Lunch and snacks



### Dinner

Grilled Salmon, sweet potato and spinach



### Treat

Chocolate mousse