



Monthly Menu Planner



MEALS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

WEEK 1	BREAKFAST	Oatmeal, skimmed milk, topped with red berries and muesli						
	LUNCH							
	DINNER							
WEEK 2	BREAKFAST							
	LUNCH			Mango and chickpea kale salad				
	DINNER							
WEEK 3	BREAKFAST							
	LUNCH							
	DINNER							
WEEK 4	BREAKFAST							
	LUNCH							
	DINNER							



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YOUR
LOGO

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