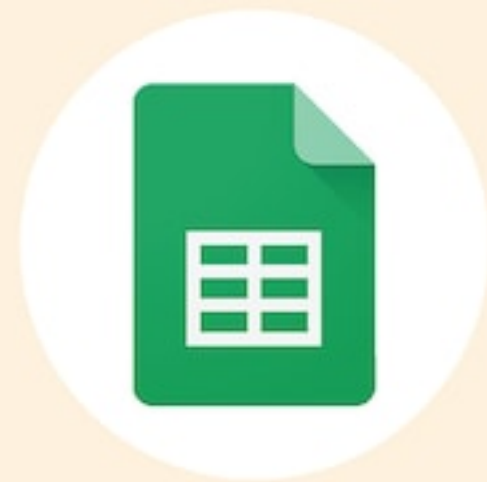




MEAL PLANNER

• GOOGLE SHEETS •



MEAL PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	yogurt	egg sandwiches	oatmeal with soy milk	slow cooker mongolian beef	cheerios with fruit	pasta salad	fried halloumi salad
	salad	lemon juice		salad			
	a cup low-fat milk						
LUNCH	roasted chicken breast	lettuce wraps with milk	chicken sandwiches with tomato soup	Egg salad sandwiches	pasta with tomato sauce	teriyaki chicken	mini pizzas
DINNER	lamb chops with tomato bake	rotisserie chicken	bacon, leek and corn risotto	creamy sundried tomato chicken	bruschetta chicken	sesame lamb rissoles	
SNACK / FRUIT	banana	boiled eggs	blueberries	tomato juice	soy milk	lemon juice	avocado
	frozen berries		strawberries				
			kiwi				

	FOOD	QTY	FOOD	QTY	FOOD	QTY	FOOD	QTY	FOOD	QTY	FOOD	QTY	FOOD	QTY
GROCERY LIST	☒ yogurt	2	☒ egg	2	☒ plain oatmeal	1	☒ olive oil	1	☒ chicken breasts	2	☐ lamb mince	1	☒ olive oil	1
	☒ vegetable	2	☐ cheese	2	☒ frozen berries	1	☒ chicken breasts	4	☒ tomatoes	4	☒ brown onion	1	☒ mint	1
	☒ low-fat milk	1	☒ tomato	4	☒ hemp seeds	1	☒ chicken stock	1	☒ red onion	1	☒ sesame seeds	1	☒ black pepper	1
	☒ chicken breast	2	☒ bread	2	☐ soy milk	1	☒ sundried tomatoes	4	☒ basil	4	☒ barbecue sauce	1	☒ chickpeas	2
	☐ cherry tomatoes	6	☒ bibb lettuce	3	☒ olive oil	1	☒ baby spinach leaves	4	☒ plain Cheerios	1	☐ sesame oil	1	☒ arugula	1
	☐ garlic cloves	4	☒ bell peppers	3	☐ garlic clove	5	☒ beef	1	☒ soy milk	1	☒ mushrooms	5	☒ avocado	1
	☒ black pepper	1	☐ avocados	2	☒ arborio rice	1	☒ soy sauce	1	☒ rotini noodles	1	☒ teriyaki sauce	1	☒ wheat English muffins	1
	☒ cheese	1	☐ milk	1	☒ bacon	2	☒ white wine	1	☐ tomato sauce	1	☒ chicken breasts	4	☒ tomato sauce	1
	☐ lamb chop	2	☒ chicken	1	☒ chicken stock	1	☒ honey	1	☐		☐ lemon	4	☒ pepperoni	1
	☐ frozen berries	1	☒ onion	1	☒ blueberries	1	☒ peanut butter	1	☐		☒ pasta	1	☒ shredded cheese	1
	☐		☐ olive oil	1	☒ strawberries	1	☒ egg	2	☐		☒ feta cheese	1	☐	

AVAILABLE IN LAPTOP/TABLET/MOBILE