



**Sample one week meal guide with shopping list and food task schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Oats with honey and fruit	Smoothie	Oats with honey and fruit	Weetbix	Toast with banana	Toast with peanut butter	Go out for brunch
<b>Morning snack</b>	Fruit	Fruit	Toast	Fruit	Fruit	Smoothie	Fruit
<b>Lunch</b>	Egg salad	Salad sanga	Chicken pasta leftovers	Tuna salad	Tuna salad with rice	Falafel with salad	Falafel with salad
<b>Snack</b>	Nuts and berries	Crackers and dip	Dark choc	Crackers and dip	Nuts, seeds and berries	Dark choc	Fruit
<b>Dinner</b>	Frozen pizza	Chicken caprese pasta (cook double)	Spinach and lentil curry (cook double)	Spinach and lentil curry	Takeaway or dinner out	Chilli con carne (cook double) or frozen dumplings	Chilli con carne or frozen dumplings
<b>Dessert</b>	Bliss balls	Nuts and berries	Bliss balls	Dark choc	Bliss balls	Cookies	Cookies

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<b>Prep required</b>	-Shopping -Make snacks (bliss balls)	-Cooking -Washing up -Put away	-Cooking -Washing up	-Put away -Washing up		-Cooking -Baking -Washing up	-Week meal plan (2-3 cooked meals, 1-2 frozen meals) -Shopping list -Boil 1-2 eggs -Put away