

The 28 Day Meal Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ONE						
mushroom & herb risotto	chunky cod in piquant tomato sauce with sugar snap peas & rice make double quantities of rice	spaghetti with artichoke parmesan & rocket with tomato cucumber & onion salad	creamy peanut chilli chicken with rice & Asian slaw (use the extra rice)	lazy fish pie & petit pois make double quantities of mash	squid noodle salad	very lazy coq au vin with mash & steamed cabbage (use the extra mash)
WEEK TWO						
lazy chilli wraps	mushroom stroganoff with green beans & rice make double quantities of rice	ghurka chicken with rice & wilted spinach infused with garlic (use the extra rice)	spaghetti puttanesca with dressed salad leaves	easy peasy paella	Moroccan meatballs in spicy tomato sauce with mint & cinnamon scented couscous	chicken Romana with steamed courgettes & couscous
WEEK THREE						
Jamaican jerk chicken with crème fraîche jacket potatoes mango & avocado salsa	spaghetti carbonara	sausages & mash with tasty lazy onion gravy & petit pois make double quantities of mash	salmon & dill fishcakes with dressed salad leaves (use the extra mash)	prawns provençal with rice & a crisp green salad make double quantities of rice	Thai green chicken curry & rice (use the extra rice)	lamb dalaman couscous with pinenuts carrot & orange salad
WEEK FOUR						
braised sausages and potato wedges Italian style	spaghetti infused with basil oil served with tomato coriander & onion salad	lemon tarragon chicken with steamed couscous carrots & mange tout	creamy coconut vegetable curry & basmati rice	oriental salmon & stir-steamed vegetables with spicy noodles	veal escalope in a Dijon cream sauce French fries and fine green beans	Vietnamese pork with sugar snap peas baby corn & cardamom scented rice

TIME SAVER: Follow the instructions highlighted in red to 'make extra rice or mash' and use this extra portion as shown on the menu plan. If you aren't doubling up, just follow the recipe instructions as normal.