

## MEAL PLANNING TEMPLATE

1. Gather all your information together. Include your folder with family favourites, new recipes and your list of what needs to be used from your fridge and pantry.
2. Enter all information on activities, who will be there and which days need quick, easy meals
3. Add 1 new dish on a day you have time to experiment
4. Plan 1 dinners that you can easily make extra of and put 1 serving in the freezer for a busy day
5. Start with Dinner as often elements from dinner can become lunch the next day.
6. Plan a leftovers day, where everything in the fridge goes into the middle of the table and you help yourselves.

	Breakfast	Lunch	Dinner	Activities
Monday	Avocado and tomato on toast	Left over roast vegetable salad with tuna.	Left over roast chicken with salad	Piano till 5:30
Tuesday	Sardines and eggs	Rice paper roll with chicken and salad	Thai green curry, rice and quinoa mix (make extra rice)	Jazz till 6
Wednesday	Overnight oats	Vegetable soup from freezer	Fried rice and whatever vegetables are looking sad	Singing till 6pm
Thursday	Homemade baked beans	Raw vegetables, boiled egg, hummus	Spag bol from freezer	Thermomix – V out by 7.
Friday	Scrambled eggs	Beetroot and asparagus salad	Noodle markets for Chinese New Year	Play date till 5
Saturday	GF Pancakes with pears	Bread, cheese olives etc from market. Plus empty out fridge.	Fish pie with broccoli, beans and peas.	
Sunday	Bacon and eggs, mushrooms, spinach and tomatoes	OUT	Roast pork shoulder with fennel. Roast potato, pumpkin. Green beans, cauliflower.	
Notes/ Do ahead tasks. Tues – make extra rice/ quinoa. Take soup from Freezer Wednesday – take Spag Bol from freezer Sunday – make extra roast vegies. Shred and freeze excess pork – leave enough for two meals next week.				

