







EASY MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 	FAST	FAST	Overnight Bircher Museli	FAST	FAST	Easy Omelette	FAST
Lunch 	Salad at Work	Salad at Work	Zucchini Fritters	Salad at Work	Salad at Work	Soul Bowl	Clean Thai Beef Salad
Dinner 	Chinese Cabbage Salad	Leftovers	Crackling Chicken	Simple Frittata	Freezer Dive	Vietnamese Chicken Wings	Grass Fed Steak Mushrooms Greens Sauerkraut
Snacks 	Almond Protein Balls	Banana Friand	Fruit and Coconut Yoghurt	Banana Friand	Almond Protein Ball	Fruit & Nuts	Fig, Almond and Coconut Cookies
Prep for tomorrow	Prep Salad for work Make Friands	Make more protein balls	Prep Work Salad	Prep Work Salad	None	Make cookies	Work Salad Kombucha Protein Balls