

# Week's Meal Planner

I'm a Mindful Eater!

## MONDAY

French Toast  
Orange slices

Enchiladas

Stir Fry Seafood-  
Veggies with Egg

## TUESDAY

Turkey Ham and  
Eggs  
Fried Rice

Quick Quiche

Spinach Salad

## WEDNESDAY

Cheese Omelette  
Brown Rice

Cheese Wraps

Spaghetti

## THURSDAY

Beef and beans  
White Loaf

Beef Steak

Tuna Sandwich

## FRIDAY

Pancakes  
Turkey Bacon  
Strips

Chicken Pasta

Chicken Pot Pie

## SATURDAY

Yoghurt  
Whole wheat cereal

Chicken Curry

Beef Chao Fan

## SUNDAY

Cinnamon Rolls

Beef Tapa

Fried Chicken &  
Mashed Potato

BREAKFAST

LUNCH

DINNER