

# Meal Plan



## MONDAY

menu I	broccoli, almond nuts, red cabbage, red onion, olive oil, garlic, sea salt, smoked paprika
menu II	Grilled beef, mashed potato, vegetable, steak sauce
menu III	Penne pasta, minced chicken, bolognaise sauce, grated cheese, parsley

## TUESDAY

menu I	broccoli, almond nuts, red cabbage, red onion, olive oil, garlic, sea salt, smoked paprika
menu II	Grilled beef, mashed potato, vegetable, steak sauce
menu III	Penne pasta, minced chicken, bolognaise sauce, grated cheese, parsley

## WEDNESDAY

menu I	broccoli, almond nuts, red cabbage, red onion, olive oil, garlic, sea salt, smoked paprika
menu II	Grilled beef, mashed potato, vegetable, steak sauce
menu III	Penne pasta, minced chicken, bolognaise sauce, grated cheese, parsley

## THURSDAY

menu I	broccoli, almond nuts, red cabbage, red onion, olive oil, garlic, sea salt, smoked paprika
menu II	Grilled beef, mashed potato, vegetable, steak sauce
menu III	Penne pasta, minced chicken, bolognaise sauce, grated cheese, parsley

## FRIDAY

menu I	broccoli, almond nuts, red cabbage, red onion, olive oil, garlic, sea salt, smoked paprika
menu II	Grilled beef, mashed potato, vegetable, steak sauce
menu III	Penne pasta, minced chicken, bolognaise sauce, grated cheese, parsley

