Weekly meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
teriyaki tofu with broccoli and snap peas and	Oven baked tilapia with lemon and herb qunioa and sauted french beans	Beef and broccolli stir-fry with steamed rice	Paneer tikka and rosted vegtables with naan bread	Mujadara (lentils and rice) with greek yougurt and cucumber salad	Chicken shawarma with roasted vegtables and garlic yogurt	Beef biryani with a cucumber rita

Grocery list

Notes

Weekly meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beef mince stuffed bellpeppers with salad	Tilapia in coconut sauce with rice	Chichpea and spinach curry with a sideof naan bread	Shakshuka with whole wheat bread	Beef kofta with tomatoe and cucumber salad plus a side of oven baked sweet potatoes	Dal makhani served eith cucumber salad and chapati or flat bread	Thai tofu curry with vegetables and rice

Grocery list

Notes