

Family Meal Planner

MONDAY

Meatballs & Spaghetti

SHOPPING...

TUESDAY

Creamy Salmon

WE NEED...

WEDNESDAY

Slow Cooker Stew

DON'T FORGET...

THURSDAY

*Hammon with Potatoes
& Veg*

REMEMBER...

FRIDAY

Sweet Potato Cottage Pie

WINE AND...

SATURDAY

*Freezer Dinner
or a Take Away*

LET'S GET...

SUNDAY

Roast Dinner

THE SECRET INGREDIENT...

BEYOND *tired*
MOTHERHOOD & ME...

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