

## Plant Happy Week Schedule



*Grab a pan and plan your meals ahead as best as you can.*

*It'll help you save some time later in the week and make it easier to stay on track with healthy eating. Let's get going :-)*

	Breakfast	Lunch	Dinner	Snacks	Drinks	I'll make ahead
Example	Overnight oats	leftover lentil chilli, steamed broccoli, brown rice	Bean burger, potatoes, grilled asparagus	chopped carrots, oatcakes with nut butter, 2 squares dark chocolate	Herbal tea	
Mon						
Tue						
Wed						
Thu						
Fri						
Shopping list:						

Got a Q? Call **087 352 3866** or drop me a mail at [info@planthappygirl.com](mailto:info@planthappygirl.com)