



# WHAT'S FOR DINNER?



## MONTHLY MEAL PLANNER



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu
TUE	B: Cereal L: Tofu barbecue & garlic rice D: Roasted sweet potato	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu
WED	B: Banana Ice Cream L: Stir fried veggies D: Roast veggies	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu
THU	B: Cereal L: Tofu barbecue & garlic rice D: Roasted sweet potato	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu
FRI	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu
SAT	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu	B: Oatmeal L: Stir fried vegetables D: Roast eggplant and tofu