

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
Out	Out	B: Muesli & Yoghurt L: Snack box D: Chicken drumsticks, asian greens and brown rice NB: Pack leftovers for lunch	B: Poached eggs, tomato, mushrooms L: left over chicken drumsticks D: Coffee Rubbed Steak & Salad	B: Muesli & Yoghurt L: Snack box D: F* Meal w/ greens or quinoa & spinach NB: Make overnight oats	B: Overnight oats L: 'Tuckshop' D: Meal from Freezer or Tomato on toast	Australia Day Party B: Nigella's turkish eggs L: Decide on what to cook for lunch and dinner. Go to market for ingredients
2	3	Notes				

WK #

2

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	WK #
26	27	28	29	30	31	1 B: Nigella's turkish eggs L: Decide on what to cook for lunch and dinner. Go to market for ingredients	2
2 Make Veggie bake Prepare Birthday Cake ideas & Kids Party for School	3 B: Rye toast, tomato & Goats cheese L: Veggie Bake salad with lettuce, tomato & cucumber D: Tuna Pasta	4 B: Muesli & Yoghurt L: Tuna Pasta D: Chicken on BBQ with veggi bake & baked potato	5 B: Poached eggs breakfast L: Veggie Bake Salad with left over chicken D: Coles Easy Meal & salad. Louie: Veggie snack and F* Meal	6 B: Muesli & Yoghurt L: Snack box D: One Pot Wonder - Paprika Chicken NB: Make overnight oats	7 B: Overnight oats L: 'Tuckshop' D: Meal from Freezer or Tomato on toast	8 B: Nigella's turkish eggs (out louie's birthday weekend)	1
9 B: Big Breakfast L: Out Louies birthday NB: Make snack box	10 B: Rye toast, tomato & Goats cheese L: Snack box D: Spaghetti Pasta *F	11 B: Muesli & Yoghurt L: Snack box D: Chicken drumsticks, asian greens and brown rice NB: Pack leftovers for lunch	12 B: Poached eggs breakfast L: left overs D: Tagliata steak & lamb cutlets *F & Salad	13 B: Muesli & Yoghurt L: 'Tuckshop' D: F* Meal w/ greens or quinoa & spinach NB: Make overnight oats	14 B: Overnight oats L: Snack box D: Tom McHugos	15 B: Nigella's turkish eggs L: Decide on what to cook for lunch and dinner. Go to market for ingredients	2
16 B: Big Breakfast L: Cooking day D: Lemongrass chicken + Freeze in portions for Pho soup for term	17 B: Rye toast, tomato & Goats cheese L: Snack box D: Mushroom risotto with spinach NB: Pack left overs for lunch	18 B: Muesli & Yoghurt L: Left over risotto D: Lemongrass Chicken *F Pho with fresh veggies	19 B: Poached eggs breakfast L: Snack box D: Coles Easy Meal & salad. Louie: Veggie snack and F* Meal	20 B: Muesli & Yoghurt L: Tuckshop D: Salmon Meal NB: Make overnight oats	21 B: Overnight oats L: Left over salmon D: Fish & Chips or burgers out	22 B: Nigella's breakfast bruschetta L: Decide on what to cook for lunch and dinner. Go to market for ingredients	3
23 B: Big Breakfast L: Picnic drive out D: Pantry Challenge NB: Make snack box	24 B: Rye toast, tomato & Goats cheese L: Snack box D: Spaghetti Pasta *F	25 B: Muesli & Yoghurt L: Snack box D: Chicken drumsticks, asian greens and brown rice NB: Pack leftovers for lunch	26 B: Poached eggs breakfast L: left over chicken legs D: Coffee Rubbed Steak & Louie Chicken Skewers *F & Salad	27 B: Muesli & Yoghurt L: Snack box D: F* Meal w/ greens or quinoa & spinach NB: Make overnight oats	28 B: Overnight oats L: 'Tuckshop' D: Meal from Freezer or Tomato on toast	29 B: Nigella's turkish eggs L: Decide on what to cook for lunch and dinner. Go to market for ingredients	4
1	2	Notes Monday's: Louie Scouts 5:15pm DC Gym 6:45-7:45pm Tuesdays 4th & 18th: Frankie Puppy School 6:30-8pm Wednesdays: 6 - 7:15am DC Gym 8-10 Family in town. Picnics & Weekend out. 11th & 12th: Board Day, Matt making dinner					

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	WK #
1 Make Veggie bake	2 B: Rye toast, tomato & Goats cheese L: Veggie Bake salad with lettuce, tomato & cucumber D: Tuna Pasta	3 B: Muesli & Yoghurt L: Tuna Pasta D: Chicken on BBQ with veggie bake & baked potato	4 B: Poached eggs breakfast L: Veggie Bake Salad with left over chicken D: Coles Easy Meal & salad. Louie: Veggie snack and F* Meal	5 B: Muesli & Yoghurt L: Snack box D: One Pot Wonder - Paprika Chicken NB: Make overnight oats	6 B: Overnight oats L: 'Tuckshop' D: Meal from Freezer or Tomato on toast	7 B: Nigella's turkish eggs Make weekend plan	1
8	9 Make - veggie bake & Pea and Ham Soup D: Bouillabaisse 1kg seafood (public holiday)	10 B: Muesli & Yoghurt L: Snack box D: Nigella Chicken & Pea tray bake NB: Pack leftovers for lunch	11 B: Poached breakfast L: left overs D: Tagliata steak & lamb cutlets *F & Salad	12 B: Muesli & Yoghurt L: 'Tuckshop' D: F* Meal w/ greens or quinoa & spinach NB: Make overnight oats	13 B: Overnight oats L: Snack box D: Tom McHugos	14 B: Nigella's turkish eggs L: Decide on what to cook for lunch and dinner. Go to market for ingredients	2
15 B: Big Breakfast L: Pooley D: Pantry challenge	16 B: Rye toast, tomato & Goats cheese L: Snack box D: Mushroom risotto with spinach NB: Pack left over lunch	17 B: Muesli & Yoghurt L: Left over risotto D: Lemongrass Chicken *F Pho with fresh veggies	18 B: Poached eggs breakfast L: Snack box D: Coles Easy Meal & salad. Louie: Veggie snack and F* Meal	19 B: Muesli & Yoghurt L: Tuckshop D: Salmon Meal NB: Make overnight oats	20 B: Overnight oats L: Left over salmon D: Fish & Chips or burgers out	21 B: Nigella's breakfast bruschetta L: Decide on what to cook for lunch and dinner. Go to market for ingredients	3
22 B: Big Breakfast L: Picnic drive out D: Something from yesterday NB: Make snack box	23 B: Rye toast, tomato & Goats cheese L: Snack box D: Spaghetti Pasta *F	24 B: Muesli & Yoghurt L: Snack box D: Chicken drumsticks, asian greens and brown rice NB: Pack leftovers for lunch	25 B: Poached eggs breakfast L: left over chicken legs D: Coffee Rubbed Steak & Louie Chicken Skewers *F & Salad	26 B: Muesli & Yoghurt L: Snack box D: F* Meal w/ greens or quinoa & spinach NB: Make overnight oats	27 B: Overnight oats L: 'Tuckshop' D: Meal from Freezer or Tomato on toast	28 B: Nigella's turkish eggs L: Decide on what to cook for lunch and dinner. Go to market for ingredients	4
29 Make Veggie bake	30 B: Rye toast, tomato & Goats cheese L: Veggie Bake salad with lettuce, tomato & cucumber D: Tuna Pasta	31 B: Muesli & Yoghurt L: Tuna Pasta D: Chicken on BBQ with veggie bake & baked potato	1 B: Poached eggs breakfast L: Veggie Bake Salad with left over chicken D: Coles Easy Meal & salad. Louie: Veggie snack and F* Meal	2 B: Muesli & Yoghurt L: Snack box D: One Pot Wonder - Paprika Chicken NB: Make overnight oats	3 B: Overnight oats L: 'Tuckshop' D: Meal from Freezer or Tomato on toast	4 B: Nigella's turkish eggs Make weekend plan	1
5	6	Notes Monday's: Louie Scouts 5:15pm DC Gym 6:45-7:45pm Wednesdays: 6 - 7:15am DC Gym 12th: DC Birthday - Matt in charge Use up items before trip away. Purchase items for Megan					

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	WK #
29	30	31	1 B: Poached eggs breakfast L: Veggie Bake Salad with left over chicken D: Coles Easy Meal & salad. Louie: Veggie snack and F* Meal	2 B: Muesli & Yoghurt L: Snack box D: One Pot Wonder - Paprika Chicken NB: Make overnight oats	3 B: Overnight oats L: 'Tuckshop' D: Meal from Freezer or Tomato on toast	4 B: Nigella's turkish eggs Make weekend plan	1
5 B: Big Breakfast L: Something from yesterday D: Pantry challenge NB: Make snack box	6 B: Rye toast, tomato & Goats cheese L: Snack box D: Spaghetti Pasta *F	7 B: Muesli & Yoghurt L: Snack box D: Nigella Chicken & Pea tray bake NB: Pack leftovers for lunch	8 BNE Easter	9 BYRON	10 BYRON	11 BYRON	2
12 BYRON	13 BYRON	14 B: TRAVELLING L: "Tuckshop" D: Tuna Pasta	15 B: Muesli & Yoghurt L: Tuna Pasta D: Chicken on BBQ with veggie bake & baked potato	16 B: Poached eggs, tomato, mushrooms L: Veggie Bake Salad with left over chicken D: Coles Easy Meal & salad. Louie: F* Meal	17 B: Muesli & Yoghurt L: Snack box D: One Pot Wonder - Paprika Chicken NB: Make overnight oats	18 B: Nigella's turkish eggs L: Decide on what to cook for lunch and dinner. Go to market for ingredients	1 adapt
19 B: Big Breakfast L: Something from yesterday D: Pantry challenge NB: Make snack box MEAL PLAN REVIEW	20 B: Rye toast, tomato & Goats cheese L: Snack box D: Spaghetti Pasta *F	21 B: Muesli & Yoghurt L: Snack box D: Nigella Chicken & Pea tray bake NB: Pack leftovers for lunch	22 B: Poached eggs breakfast L: left overs D: Tagliata steak & lamb cutlets *F & Salad	23 B: Muesli & Yoghurt L: 'Tuckshop' D: F* Meal w/ greens or quinoa & spinach NB: Make overnight oats	24 B: Overnight oats L: Snack box D: Tom McHugos	25 B: Nigella's turkish eggs L: Decide on what to cook for lunch and dinner. Go to market for ingredients	2
26 B: Big Breakfast L: Something from yesterday D: Pantry challenge	27 B: Rye toast, tomato & Goats cheese L: Snack box D: Mushroom risotto with spinach NB: Pack left overs for lunch	28 B: Muesli & Yoghurt L: Left over risotto D: Lemongrass Chicken *F Pho with fresh veggies	29 B: Poached eggs breakfast L: Snack box D: Coles Easy Meal & salad. Louie: F* Meal	30 B: Muesli & Yoghurt L: Tuckshop D: Salmon Meal NB: Make overnight oats	1 B: Overnight oats L: Left over salmon D: Fish & Chips or burgers out	2 B: Nigella's breakfast bruschetta L: Decide on what to cook for lunch and dinner. Go to market for ingredients	3
3 new plan begin	4	Notes Monday's: Louie Scouts 5:15pm DC Gym 6:45-7:45pm Wednesdays: 6 - 7:15am DC Gym Use up items before trip away. Purchase items for Megan					