



Sample menu food planning and prepping planner					
Meal (s)	Plan your meals save some money				
	Mon	Tue	Wed	Thu	Fri
<b>Lunch</b>	Sweet potatoes, beef stew, cabbage	Rice, chicken spinach	Bangers, mash onion sauce	Chapati, ndengus	Spaghetti, mince vegetables
<b>Dinner</b>	Rice , Chicken, spinach	Bangers, mash, onion sauce	Chapati, ndengus	Spaghetti, mince vegetables	Sweet potatoes, beef stew, cabbage