



5 DAY MEAL PLAN

MON

quick n easy tex-mex chilli
with baked potatoes or rice

TUES

gypsy stew (life-changing food)

WED

braised steak & onions (simple, healing food) with mash & veggies

THU

quick egg curry with quinoa
or rice or cauliflower 'rice'

FRI

hearty beef stew
(simple, healing food)