



THE HEALTHY
EATING HUB

Weeknight Dinners Meal Plan

Week Starting:

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeknight Dinners	Simple Steak and Herbed Couscous	Zesty Salmon with Rice and Asian Greens	Rainbow Vegetable Stir Fry	Fresh Vegetarian Pasta	Chicken and Roast Capsicum Salad