



Couple or Family Meal Plan

Day	Dinner
1	<p><i>Succulent Roast Lamb Served with Roast Vegetables and a Side of Steamed Greens</i></p>
2	<p><i>Thai Fish Cakes Served With Asian Salad and Mild Sweet Chilli Dipping Sauce Or Salmon and Chickpea Fish Cakes Served with Mash Potato and Steamed Greens</i></p>
3	<p><i>Sweet Potato Cottage Pie Served with Mixed Steamed Greens</i></p>
4	<p><i>Chicken Cacciatore Served with Brown Rice and Mixed Vegetables</i></p>
5	<p><i>Butternut and Chickpea Soup served with Fresh Asparagus and Crunchy Rye Croutons</i></p>