

Slimming World Meal Plan

MON	Sausages & Mash with Peas
TUES	Tuna & Sweetcorn Baked Potato with Salad
WED	Spicentice Chinese Prawn Curry & Boiled Rice with Fried Beansprouts
THURS	Roasted Cod Loin & Baby Potatoes with Broccoli
FRI	Cheeseburger Pasta
SAT	Spicentice Paella Fiesta with Salad
SUN	Roasted Chicken & Root Veg Tray Bake

Slimming World Takeaway Guide

RM Cervero



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