

celebrateplay

Weekly Meal Planner Bundle

www.celebrateplay.com.au

about erin



Hi there!! I'm Erin, teacher (EC and Primary), Mum (of 2), wife, smoothie obsessed, organisational nerd and soon to be your greatest PLAYmate...the one that will share...

- play ideas with you
- the one that will support you in creating play systems and play spaces that fit YOUR life
- the playmate that will celebrate the PLAY wins with YOU and
- the one that will empower YOU to totally rock this motherhood PLAY gig thing - it's a REAL *thing*♡.

play notes

Thank you for becoming our newest, greatest PLAYmate by joining the membership - Project PLAY.

This meal planner bundle is for personal use only and is not to be sold, shared, redistributed in any form. If you love this bundle as much as we do and would like your family and friends to have their own copy, please refer them to our website for their own copy www.celebrateplay.com.au

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Happy *play*ing!

play notes

How to use this resource

OPTION 1.

- Print all pages of this document from beginning to end and store in a folder or have bound in a keepsake booklet.

OR

OPTION 2.

- Print all pages of this document one page each week and place in the fridge or command centre or somewhere easily seen

OR

OPTION 3.

- Print only the pages relevant to you

The idea behind this particular design has been created with great intention so that it is as versatile as possible for YOU!!

dinner

weekly meal planner

week 1

monday

Butter Chicken, rice + vegetables
Naan (optional)

tuesday

Spaghetti Bolognese
Garlic Bread (optional)

wednesday

Chicken Schnitzel + salad

thursday

Slow Cooker Satay + rice

friday

Rissoles + vegetables

saturday

Homemade Pizza + salad

sunday

Fried Rice

dinner

weekly meal planner

week 2

monday

Butter Chicken, rice + vegetables

tuesday

Lasagne

wednesday

Leftover Lasagne

thursday

Burritos

friday

Sausages + Salad

saturday

Chicken Chow Mein

sunday

Spring Rolls

dinner

weekly meal planner

week 3

monday

Satay Chicken + Rice
Naan (optional)

tuesday

Homemade Burgers

wednesday

Pasta + vegetables

thursday

Chicken salad with peanut dressing

friday

Chicken Risotto

saturday

Chicken salad with peanut dressing

sunday

Sausage Sizzle

dinner

weekly meal planner

week 4

monday

Lasagne (frozen)

tuesday

Tacos

wednesday

Sesame Chicken

thursday

Homemade Pizza

friday

Slow Cooker Massaman Beef + rice

saturday

Shepherds Pie

sunday

Leftover Shepherds Pie

dinner

weekly meal planner

week 5

monday

Butter Chicken, rice + vegetables
Naan (optional)

tuesday

Rissoles + Salad

wednesday

Chicken Pesto Pasta

thursday

Spaghetti Bolognese
Garlic Bread (optional)

friday

Lamb Roast + Baked Vegetables

saturday

Fish, Cous Cous + salad

sunday

Mexican Beef Casserole

dinner

weekly meal planner

week 6

monday

Satay Chicken + rice

tuesday

Burritos

wednesday

Chicken + Leek Pie with Salad

thursday

Pasta + vegetables

friday

Chicken Schnitzel + vegetables

saturday

Meatball Bake + Vegetables

sunday

Leftover Meatball Bake + Vegetables

dinner

weekly meal planner

week 7

monday

Chicken Risotto

tuesday

Beef Stroganoff + rice

wednesday

Chicken Tenders + Salad

thursday

Pastabake

friday

Homemade Pizza

saturday

Chicken Chow Mein

sunday

Spring Rolls

dinner

weekly meal planner

week 8

monday

Satay Chicken + rice
Naan (optional)

tuesday

Rissoles, mashed potato + vegetables

wednesday

Spaghetti Bolognese
Garlic Bread (optional)

thursday

Sausage Sizzle

friday

Chicken Salad with peanut sauce

saturday

Shepherds Pie

sunday

Leftover Shepherds Pie

dinner

weekly meal planner

week 9

monday

Butter Chicken, rice + vegetables
Naan (optional)

tuesday

Tacos

wednesday

Spaghetti Bolognese
Garlic Bread (optional)

thursday

Fish, Cous Cous + Salad

friday

Mexican Beef Casserole

saturday

Lamb Roast + Baked Vegetables

sunday

Leftover Lamb Roast + Baked Vegetables

dinner

weekly meal planner

week 10

monday

Chicken Risotto

tuesday

Meatball Bake + Vegetables

wednesday

Chicken Schnitzel + Salad
Garlic Bread (optional)

thursday

Sausages + Salad

friday

Creamy Pesto Chicken Breast + vegetables

saturday

Pasta + vegetables

sunday

Homemade Burgers

dinner

weekly meal planner

week 11

monday

Butter Chicken, rice + vegetables

tuesday

Spaghetti Bolognese

wednesday

Pad Thai

thursday

Slow Cooker Massaman Beef + vegetables

friday

Tacos

saturday

Pastabake

sunday

Leftover Pastabake

dinner

weekly meal planner

week 12

sunday

Homemade Burgers

monday

Lasagne

tuesday

Beef Stirfry

wednesday

Sausages, mashed potato + Salad

friday

Fish, Cous Cous + Vegetables

saturday

Chicken +Leek Pie

sunday

Spaghetti Bolognese

dinner

weekly meal planner

week 13

monday

Family Favourites

tuesday

Family Favourites

wednesday

Family Favourites

thursday

Family Favourites

friday

Family Favourites

saturday

Family Favourites

sunday

Family Favourites

weekly meal planner

monday	<p>Fresh Fruit</p> <p>Cheese + crackers</p> <p>Dried Fruit</p>	<p>Muffin</p> <p>Muesli Bar</p>	<p>Cheese Sandwich</p> <p>Egg + Lettuce Sandwich</p>
tuesday	<p>Fresh Fruit</p> <p>Cheese + crackers</p> <p>Dried Fruit</p>	<p>Muffin</p> <p>Muesli Bar</p>	<p>Cheese Wrap</p> <p>Egg + Lettuce Wrap</p>
wednesday	<p>Fresh Fruit</p> <p>Cheese + crackers</p> <p>Dried Fruit</p>	<p>Muffin</p> <p>Muesli Bar</p>	<p>Cheese Sandwich</p> <p>Egg + Lettuce Sandwich</p>
thursday	<p>Fresh Fruit</p> <p>Cheese + crackers</p> <p>Dried Fruit</p>	<p>Muffin</p> <p>Muesli Bar</p>	<p>Cheese Wrap</p> <p>Egg + Lettuce Wrap</p>
friday	<p>Fresh Fruit</p> <p>Cheese + crackers</p> <p>Dried Fruit</p>	<p>Muffin</p> <p>Muesli Bar</p>	<p>Pizza</p> <p>Pizza</p>

snack and sup	monday	Banana
	tuesday	Mandarin
	wednesday	Apple
	thursday	Mandarin
	friday	Banana

weekly meal planner

monday	recess Fresh Fruit Cheese + crackers Dried Fruit Choc Balls Muesli Bar	lunch Cheese Sandwich Egg + Lettuce Sandwich
tuesday	recess Fresh Fruit Cheese + crackers Dried Fruit Choc Balls Muesli Bar	lunch Cheese Wrap Egg + Lettuce Wrap
wednesday	recess Fresh Fruit Cheese + crackers Dried Fruit Choc Balls Muesli Bar	lunch Cheese Sandwich Egg + Lettuce Sandwich
thursday	recess Fresh Fruit Cheese + crackers Dried Fruit Choc Balls Muesli Bar	lunch Cheese Wrap Egg + Lettuce Wrap
friday	recess Fresh Fruit Cheese + crackers Dried Fruit Choc Balls Muesli Bar	lunch Pizza Pizza

crunch and sip	monday	Banana
	tuesday	Mandarin
	wednesday	Apple
	thursday	Mandarin
	friday	Banana

weekly meal planner

monday	recess Fresh Fruit Slice Cheese + crackers Muesli Bar Dried Fruit	lunch Cheese Sandwich Cheese, Tomato + Cucumber Wrap
tuesday	recess Fresh Fruit Slice Cheese + crackers Muesli Bar Dried Fruit	lunch Cheese Wrap Cheese, Tomato + Cucumber Sandwich
wednesday	recess Fresh Fruit Slice Cheese + crackers Muesli Bar Dried Fruit	lunch Cheese Wrap Cheese, Tomato + Cucumber Wrap
thursday	recess Fresh Fruit Slice Cheese + crackers Muesli Bar Dried Fruit	lunch Cheese Sandwich Cheese, Tomato + Cucumber Sandwich
friday	recess Fresh Fruit Slice Cheese + crackers Muesli Bar Dried Fruit	lunch Pizza Pizza

snack and sip	monday	Banana
	tuesday	Apple
	wednesday	Mandarin
	thursday	Apple
	friday	Banana

weekly meal planner

monday	lunch	Fresh Fruit Cheese + crackers Dried Fruit	Cake Muesli Bar	lunch	Cheese Sandwich Cheese, Tomato + Cucumber Sandwich
tuesday	lunch	Fresh Fruit Cheese + crackers Dried Fruit	Cake Muesli Bar	lunch	Pizza Pizza
wednesday	lunch	Fresh Fruit Cheese + crackers Dried Fruit	Cake Muesli Bar	lunch	Cheese Wrap Cheese, Tomato + Cucumber Sandwich
thursday	lunch	Fresh Fruit Cheese + crackers Dried Fruit	Cake Muesli Bar	lunch	Cheese Sandwich Cheese, Tomato + Cucumber Sandwich
friday	lunch	Fresh Fruit Cheese + crackers Dried Fruit	Cake Muesli Bar	lunch	Cheese Wrap Cheese, Tomato + Cucumber Sandwich

crunch and sip	monday	Banana
	tuesday	Apple
	wednesday	Mandarin
	thursday	Apple
	friday	Banana

breakfast

weekly meal planner

this week

monday

Cereal or Toast

tuesday

Cereal or Toast

wednesday

Cereal or Toast

thursday

Cereal or Toast

friday

Cereal or Toast

saturday

Pancakes

sunday

Cereal or Toast

Thank You
to the following designers

