

FRAMED RECIPES

WHAT'S FOR DINNER?

MONDAY

SSPICY OATS CRUSTED
CHICKEN THIGHS

TUESDAY

BELL PEPPER YOGURT
CURRY & RICE

WEDNESDAY

CAJUN-SPICED SPINACH
PASTA

THURSDAY

THAI COCONUT CURRY
SOUP

FRIDAY

EAT-OUT/ TAKE-OUT

SATURDAY

APPLE PULISSERY &
RICE

SUNDAY

KEEMA MATAR & ROTI

NOTES

SHOPPING LIST