

~ Khaliq's Meal Plan ~

	Breakfast	Lunch	Dinner	Snack / Dessert
M	Swirls	Fish and chips	Savoury kebabs	Popcorn
T	Choose whatever	Chicken nuggets	Coriander chicken	Oatmeal cookies
W	Swirls	Sausages	Slurpy spaghetti	Chocolate cookies
T	Crumpets	Dry noodles	Meat shish kebab	Easy cupcakes
F	Cereal	Fish and chips	Pizza	Animal cookies
S	Pancakes	Choose whatever	Chicken fajitas	Sweethearts
S	Crumpets	Choose whatever	Meat feast	Chocolate sundae

Since Khaliq chose these meals he must eat them and he should try to help Mummy cook them.

Key for books

<u>Book</u>	<u>colour</u>
Dorset cereals the breakfast book	Pink
Annabel Karmel's Superfoods for Babies and Children	Yellow
Smartfoods for tweens	Green
The Superfood diet	Blue
Annabel Karmel's Children's First Cookbook	Violet
No book	No colour