



© foodsfromafrica.com



© foodsfromafrica #AfricaOnYourPlate

5-DAY WEEK-NIGHTS MEAL PLAN



Quick & Easy Week-Night Dinners Meal Plan

* click on the titles to be taken to the recipes

Monday

Tunisian
Shakshouka

Tuesday

Marinated
Aubergine &
Tomato
Salad

Wednesday

Baked
Orange-
Glazed
Salmon

Thursday

Mauritian
Chicken Le
Daube

Friday

Plantain
Mash &
Sautéed
Spinach

