

RECIPES

The recipes found on the pages below are all sourced from reputable sources on the internet. Click on the recipe name in the planner or under the titles below and the link takes you to the website that recipe is located on, for example; [Good Food](#), [BBC Food](#), [Jamie Oliver](#), [Olive Magazine](#). You will discover all sorts of recipes on here that are full of flavour and guaranteed to make you feel-good. Cook your way through the choices on here and change meals on the [planners](#) to suit your palate and week. Have a browse and explore the many meals that you can prepare.

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