



# MONTHLY MEAL PLAN MAGIC



Welcome to my bonus Monthly  
Meal-Plan Magic.

I know the feeling getting home  
after a big day, feeling knackered  
and not knowing what to cook.

I've created this pack so you can  
effortlessly plan and cook a months  
worth of meals without stress or  
staring blankly into your cupboards

The recipes work perfectly with the  
Meal-Prep Magic Workshop. Let's  
get cooking



## WEEK 1

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## WEEK 2

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## WEEK 3

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## WEEK 4

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**Need extra support with your  
nutrition, cooking or health?**

**Check out these links of how I  
can continue to support you 👉**

Workshops - [Human-movement.co.uk](https://human-movement.co.uk)

Yoga Classes - [You Tube Channel](#)

Works with me inside my membership the  
Human Blueprint - [Click here](#)

