

TIP: Make up your EasiYo in the morning so it can refrigerate overnight, ready for the week!



Weekly Meal Planner



Fluffy Vanilla Pancakes



Blue Cheese & Sage Scones



Chicken Coconut Curry



Raspberry Cheesecake

	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

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