

Family of 3 or 4, Vegetarian					
	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	FT: Banana Muffins	BLW: Broccoli and Spinach Bites with slices of pepper and apple	FT: Homemade Baked Beans on SC: Busy Day Jacket Potatoes with slices of pepper	Stick of cheese and quartered grapes	8 apples
Tuesday	BLW: Maple French Toast	FT: Mushroom, Spinach and Cheese Pinwheels with slices of apple	SC: Chickpea and Lentil Curry with rice and slices of banana	Leftover Banana Muffins	10 bananas
Wednesday	Leftover Banana Muffins	Leftover Homemade Baked Beans on Toast with cheese with quartered grapes	FT: Slow Cook Pasta Sauce with slices of pepper and a breadstick	Leftover Broccoli and Spinach Bites	1 packet of grapes
Thursday	BLW: Blueberry Drop Scones with yoghurt	Leftover Mushroom, Spinach and Cheese Pinwheels with slices of apple	Leftover Chickpea and Lentil Curry with rice and slices of banana	Breadstick and slices of pepper with houmous dip	250g blueberries
Friday	FT: Banana Toast with quartered grapes (DB*)	BLW: Veggie and Protein Packed Wrap made with houmous instead of yoghurt with quartered grapes (make four batches for four people)	Leftover Slow Cook Pasta Sauce with slices of pepper and a breadstick	FT: Butternut Squash and Peanut Butter Cookies	1 head of cauliflower
Saturday	Leftover Blueberry Drop Scones with yoghurt	BLW: Easy Cheesy Pizza Tortilla with slices of apple (make four for four people)	FT: Mushroom Burgers with potato wedges and quartered grapes	Breadstick and slices of pepper with houmous dip	1 head of broccoli
Sunday	Slices of any remaining fruit with yoghurt	BLW: Tuna Toastie with quartered grapes	FT: Cauliflower Macaroni Cheese with slices of apple and a breadstick	Leftover Butternut Squash and Peanut Butter Cookies	4 carrots
*DB - Double batch					1 parsnip
					1 leek
					800g kale
					325g mushrooms
					1 sweet potato
					3 butternut squash + 200g pre-diced (or an extra squash)
					10 baking potatoes
					1 aubergine
					2 courgettes
					5 red peppers
					4 yellow peppers
					4 tomatoes + 12 cherry tomatoes
					3 bags of spinach
					5 onions
					1 head of garlic
					Unsalted butter
					250ml plain yoghurt
					2 pints of full fat milk
					750g cheddar cheese
					Parmesan cheese
					225g grated mozzarella cheese
					Ready-rolled puff pastry sheet
					1 pot of houmous (or homemade)
					16 medium eggs
					2 loaves of bread (preferably white)
					2 packs of tortilla wraps
					3x 400g tins of haricot beans
					4x 400g tins of chickpeas
					Jar of tomato pesto
					Pantry items (you may already have):
					Plain flour (check you have enough for 187g)
					125g self-raising flour
					125g wholemeal spelt flour
					Baking powder
					Baking soda
					Caster sugar
					Coconut sugar/brown sugar
					Breadcrumbs (check you have enough for 125g)
					Maple syrup, or honey (if baby is over 12 months)
					Vanilla bean paste or extract
					English mustard
					Smooth peanut butter (for example Meridian, which is 100% nuts)
					Balsamic vinegar
					Ground nutmeg
					Ground cinnamon
					Black pepper
					Dried basil
					Dried oregano
					Mixed herbs
					Mild curry powder
					Garlic paste
					Ginger paste
					Garam masala
					Ground coriander
					Mild chilli powder
					Turmeric
					Garlic salt
					3 vegetable stock cubes
					Vegetable oil

					Coconut oil
					Olive oil
					1.6L passata
					Tomato puree
					2x 400g tins of chopped tomatoes
					2x 160g tins of tuna in spring water
					400g tinned sweetcorn
					300g dry macaroni pasta
					Rice
					Red lentils (check you have enough for 400g)
					Packet of breadsticks
					Milk chocolate chips (check you have enough for 43g)
					Sultanas (check you have enough for 37g)