

Baby-Led Weaning Cookbook Meal Plan No.1- Family of 3/Contains Meat

	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	FT: Apple and Oat Muffins	BLW: Pizza Toast (make enough for 3 people)	SC: Barbecue Chicken (DB*) served in wraps with slices of avocado	BLW: Soft Apple and Pear Snack	7 bananas
Tuesday	Yoghurt with blueberries	SC: Tomato and Basil Soup served with slices of toast (freeze half for another week and save the remainder for Thursday lunchtime)	BLW: Tomato and Courgette Frittata served with slices of red pepper	Leftover Apple and Oat Muffins	7 apples
Wednesday	Leftover Apple and Oat Muffins	FT: Leek and Cheese Pasties (DB*) served with slices of pear	Leftover Barbecue Chicken served with rice and slices of avocado	Yoghurt with slices of apple	8 pears
Thursday	FT: Banana Toast (DB*) served with slices of strawberries	Leftover Tomato and Basil Soup served with slices of toast	SC: Sweet Potato Pie (DB*) served with slices of red pepper	Blueberries and slices of banana	350g blueberries
Friday	BLW: Blueberry Drop Scones	Leftover Leek and Cheese Pasties served with slices of pear	SC: Fish Korma with Chunky Veg served with rice and slices of banana	BLW: Strawberry Scones with a spread of yoghurt	250g strawberries
Saturday	FT: Banana Toast (DB*) served with slices of strawberries	BLW: Rice Salad served with slices of apple	Leftover Sweet Potato Pie served with slices of red pepper	BLW: Baked Pears with Cinnamon	1 lemon
Sunday	Leftover Blueberry Drop Scones	BLW: Mini Pizza Bites served with slices of red pepper and apple	Leftover Fish Korma with Chunky Veg served with rice and slices of banana	Leftover Strawberry Scones with a spread of yoghurt	2 pack of avocado
					900g tomatoes + 250g cherry tomatoes
*DB - Double batch					1 green pepper
					5 red peppers
					250g mushrooms
					108g green beans
					1 courgette
					1 green chilli (optional)
					11 onions
					8 carrots
					2 parsnips
					8 leeks
					1.5kg sweet potatoes
					1 head of garlic
					1 knob of fresh ginger
					1kg chicken breasts
					1kg minced beef
					Apple juice
					250ml double cream
					200g cream cheese
					Parmesan cheese
					750g cheddar cheese
					Unsalted butter
					250ml full fat Greek yoghurt
					2 pints of full fat milk
					2 ready-rolled puff pastry sheets
					16 medium eggs
					Jar of black pitted olives
					1 pack of tortilla wraps
					1 loaf of bread (preferably white)
					400g frozen fish pie mix
					Pantry items (you may already have):
					Rice (enough for two meals + one microwave pouch for the Rice Salad)
					1 chicken stock cube
					1 beef stock cube
					3 vegetable stock cubes
					400ml tin of coconut milk
					200g tinned kidney beans
					2x 400g tins of chopped tomatoes
					500ml carton of passata
					Tomato puree (check you have enough for 15 tablespoons)
					Apple cider vinegar
					Garlic puree
					Worcestershire sauce
					Maple syrup (or honey if baby is over 12 months)
					Vanilla bean paste or extract
					Jar of Korma curry paste
					Coconut oil
					Olive oil
					Vegetable oil
					Plain flour (check you have enough for 200g)
					Self-raising flour (check you have enough for 320g)

				Oats (check you have enough for 45g)
				Granola (shop bought or homemade)
				Coconut/brown sugar (check you have enough for 55g)
				Smoked paprika
				Mild chilli powder
				Ground cumin
				Ground cinnamon
				Ground allspice
				Dried oregano
				Dried basil
				Dried thyme
				Black pepper
				Ground almonds (check you have enough for 300g)
				Currants (check you have enough for 6 tablespoons)
				16 Medjool dates
				60g frozen peas
				60 frozen sweetcorn