

Baby-Led Weaning Cookbook Meal Plan No.2- Family of 4/Contains Meat

	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	BLW: Mini Pancake Bites: a third made with halved blueberries, a third made with diced strawberry and diced apricot. Freeze half for a future week and serve the blueberry bites today.	FT: Meaty Pinwheels with slices of red pepper and quartered grapes (freeze half for a future week)	SC: Lemon and Apple Chicken (remove approximately 500g to use in the pie tomorrow and use the remaining meat today) served with boiled carrots, potatoes and any other veg of your choice	Cheese stick and slices of apple	7 apples
Tuesday	Leftover Mini Pancake Bites with diced strawberry	BLW: Easy Speedy Carrot and Cheese Wrap (make enough for four) with quartered grapes	FT: Chicken and Vegetable Pie (using leftover chicken from last night) with sliced tomato, cucumber and any other salad of your choice	BLW: Two Ingredient Cookies with a pinch of cinnamon	6 bananas
Wednesday	Leftover Mini Pancake Bites with diced apricot	Leftover Meaty Pinwheels with slices of red pepper and quartered grapes	SC: Three Bean Chilli (DB* - freeze a third for a future week) with rice and slices of mango	Yoghurt with halved blueberries	6 pears
Thursday	Yoghurt with diced apricots	BLW: Healing Butternut Squash and Ginger Soup (DB* - freeze a third for a future week) with slices of toast	Leftover Chicken and Vegetable Pie served cold with sliced tomato, cucumber and any other salad of your choice	Leftover Two Ingredient Cookies	1 pack of grapes
Friday	Toast with peanut butter (or alternative topping of your choice)	BLW: Tuna Toastie with slices of apple and quartered grapes	Leftover Three Bean Chilli with wraps and avocado slices	BLW: Peanut Butter Banana (make enough for four)	320g pack of apricots
Saturday	BLW: Scotch Pancakes	Leftover Healing Butternut Squash and Ginger Soup with slices of toast and quartered grapes	FT: Leek and Cheese Pasties (DB*) with slices of tomato, red pepper, cucumber and apple	BLW: Baked Pears with Cinnamon	250g pack of blueberries
Sunday	Yoghurt with diced strawberries and any other remaining fruit	Leftover Leek and Cheese Pasties with slices of tomato, apple and any leftover salad ingredients	BLW: Tomato and Courgette Frittata with potato wedges and slices of red pepper and any other fruit not used up at breakfast	Leftover Scotch Pancakes with slices of pear	300g pack of strawberries
					1 mango
*DB - Double batch					1 lemon
					800g of large tomatoes + 125g cherry tomatoes
					2 avocados
					2 cucumbers
					any other salad items of your choice to serve with the pie
					8 red peppers
					1kg potatoes
					1 parsnip
					5 carrots
					2 butternut squash
					2 courgettes
					2 red onions
					9 white onions
					9 leeks
					1 large head of garlic
					60g bacon lardons (or chop up normal sliced bacon)
					1.5kg minced beef
					1 whole chicken (preferably large)
					750g cheddar cheese
					Grated parmesan cheese
					200g full fat cream cheese
					Unsalted butter
					2 pints of full fat milk
					150ml pot of double cream
					250ml full fat yoghurt
					Apple juice
					3 ready-rolled puff pastry sheets
					3 ready-rolled shortcrust pastry sheets
					14 medium eggs
					2 packs of tortilla wraps
					1 loaf of bread (preferably white)
					<b>Pantry items (you may already have):</b>
					Olive oil
					Vegetable oil
					Coconut oil
					2x 400g tins of pinto beans
					2x 400g tins of kidney beans
					2x 400g tins of black beans
					2x 325g tins of sweetcorn + 2x 200g tins of sweetcorn
					2x160g tins of tuna in spring water
					400g tin of chopped tomatoes with added garlic and herbs
					Jar of sundried tomato paste
					1 litre of passata
					Worcestershire sauce
					Low salt soya sauce
					Apple cider vinegar
					Wholegrain mustard

					Smooth peanut butter (preferably Meridian, which is 100% nuts)
					Garlic puree
					Ginger puree
					1 beef stock cube
					4 vegetable stock cube
					Dried thyme
					Dried oregano
					Mixed herbs
					Mild chilli powder
					Ground cinnamon
					Plain flour (check you have enough for 225g)
					Self-raising flour (check you have enough for 125g)
					Baking powder
					Coconut or brown sugar
					Oats (check you have enough for 180g)
					Rice