

Family of 3 or 4, Vegetarian					
	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	BLW: Scotch Pancakes with quartered grapes	Jacket Potato with Homemade Baked Beans (FT)	BLW: Lentil Cottage Pie with steamed carrots and broccoli florets (DB*)	Carrot sticks and breadsticks with houmous dip (or use remaining wraps to make Santa's Yummy Christmas Crisps BLW)	3 bananas
Tuesday	BLW: Moist Apple Puree and Strawberry Loaf	BLW: Simple Pesto Toast (DB* of the pesto in advance of Saturday's lunch) with quartered strawberries	FT: Veggie Packed Nuggets with leftover Homemade Baked Beans	Leftover Scotch Pancke strips topped with peanut butter	1 packet of grapes
Wednesday	Toast with topping of your choice	BLW: Cheese and Potato Pasties with pepper sticks (using the remaining pepper from the Homemade Baked Beans recipe)	Leftover Lentil Cottage Pie with griddled courgette slices (leftover from the remaining courgette from the Homemade Baked Beans recipe)	Leftover Moist Apple Puree and Strawberry Loaf	300g strawberries
Thursday	Leftover Moist Apple Puree and Strawberry Loaf	BLW: Sweet Potato, Apricot and Parsnip Fritters with quartered grapes	SC: Veggie and Sweet Potato Curry with rice (DB*)	Carrot sticks and breadstick with houmous dip (or use remaining wraps to make Santa's Yummy Christmas Crisps BLW)	8 apricots
Friday	BLW: Smashed Avocado on Toast	Leftover Cheese and Potato Pasties with quartered tomatoes	SC: Slow Cooked Pizza with homemade sweet potato wedges (you can use any vegetables that you think you may have leftover at the end of the week as toppings, for example onion or some roasted cauliflower florets make an interesting tweak)	BLW: Peanut Butter Wraps and stick of cheese	175g pineapple
Saturday	SC: Porridge with Summer Berries	Simple Pesto Toast (using leftover pesto from Tuesday) with quartered grapes	Leftover Veggie and Sweet Potato Curry with rice (you could fry off the remaining leek from the pasties and include this to your curry)	BLW: Avocado Fries (make half a batch) with breadsticks or use remaining wraps to make Santa's Yummy Christmas Crisps (BLW)	1 packet of tomatoes
Sunday	BLW: Fruity French Toast Rolls (using yoghurt instead of cream cheese)	BLW: Easy Speedy Carrot and Cheese Wraps with quartered strawberries or grapes	FT: Butternut Squash Mac n Cheese with breadsticks or toast strips for dipping	BLW: Baked Pineapple and stick of cheese	3 avocados
*DB - Double batch					1 leek
					1 yellow pepper
					1 red pepper
					1 courgette
					216g green beans
					7 onions
					3 or 4 jacket potatoes (depending on the number in your family)
					2kg normal white potatoes
					6 medium/large sweet potatoes
					1kg bag of carrots
					1 head of broccoli
					1 head of cauliflower
					4 parsnips
					2 butternut squash (dice any remaining from the one used for the Homemade Baked Beans and freeze for another week)
					Additional pizza topping ingredients (optional)
					120g fresh basil
					Small bunch of fresh coriander
					2 green chillis (optional - please use your judgement in light of knowledge of your little ones tastes and your own)
					1 thumb sized piece of ginger or a tube of ginger puree
					2 heads of garlic or a jar of Lazy Garlic
					900ml full fat milk (or substitute of your choice)
					1 tub of unsalted butter
					350ml full fat plain yoghurt
					150g parmesan cheese
					350g block of mild cheddar cheese
					200g grated mozzarella cheese
					1 pot of houmous
					4 ready-rolled puff pastry sheets
					280g pre-packed pizza dough
					7 medium eggs + 3 large eggs (personally I'd buy 12 medium and adjust the Veggie Nugget recipe if needed)
					2 loaves of white bread
					1 packet of tortilla wraps
					540g breadcrumbs (or enough bread to make your own)
					1 pouch of apple and strawberry puree (or make your own)
					150g frozen summer fruits
					Pantry items (you may already have):
					Self-raising flour (check you have at least 375g)
					Plain flour
					Coconut oil
					Olive oil
					Vegetable oil (check you have at least 220ml)
					English mustard
					Honey/Maple syrup (check you have at least 135ml)
					Dried mixed herbs
					Garlic salt
					Ground cumin
					Ground coriander
					Garam Masala
					Curry Powder
					Dried thyme
					3 reduced salt vegetable stock cubes
					1200ml tomato passata
					Tomato puree (check you have enough for 17 tablespoons)
					3 400g tins of haricot beans
					2 400g tins of chopped tomatoes

					2 400ml tins of coconut milk
					Red lentils (check you have enough for 100g)
					Frozen peas (120g)
					Breadsticks
					Oats (check you have enough for 180g)
					Vanilla bean paste or extract
					Granola (check you have enough for 61g)
					Pine nuts
					Jar of roasted red pepper slices
					Rice (check you have enough for your family for two curry meals)
					1 jar of smooth peanut butter, for example Meridian which is 100% nuts
					350g macaroni pasta (or shape of your choice)