

Busy Family of 4! (includes meat)

	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	BLW- Mini pancake bites with strawberry topping (make 1/3 with diced strawberries, 1/3 with sliced blueberries and 1/3 with cheese)	BLW - Coconut scones with a banana and coconut yoghurt	SC - Apple hotpot (DB)	1 plain rice cake topped butter and grated cheese	1.6 kg potatoes
Tuesday	BLW- Mini pancake bites with blueberry topping	Cheese sandwich with cucumber sticks	SC - Curried lamb with rice (DB)	Sliced strawberries and strips of cheese	4 medium sweet potatoes
Wednesday	BLW- Mini cheesy pancake bites	BLW - Coconut Scones with strawberry jam and strawberries on the side	SC - Apple hotpot	Blueberries, sliced in half with 2 breadsticks	4 jacket potatoes
Thursday	Toast, cereal or porridge (depending on your pantry stock)	BLW - Peanut butter wraps	Jacket potato with topped with beans and cheese	Banana and blueberries, sliced in half	1/2 cucumber
Friday	BLW - Overnight apple and pear oats	BLW - Cheese and apple quesadillas	SC - Curried lamb with rice	Soft apple and pear snack	11 carrots
Saturday	BLW - Overnight apple and pear oats	BLW - Peanut butter wraps	BLW - Veggie pesto pasta	Hard boiled egg with cucumber sticks	1 courgette
Sunday	BLW - The best scrambled egg	Grated carrot and cucumber sandwich (mixed in mayo)	BLW - Chicken parmigiana with smoky carrot fries	Soft apple and pear snack	1 pepper (any colour)
					8 onions
*DB - Double batch					8 garlic cloves
					Bag of spinach
					200g strawberries
					200g blueberries
					6 bananas
					5 pears
					4 apples
					4 dessert apples
					2 tbsp ginger puree
					Fresh chives
					62ml whole cream
					200ml Greek yoghurt
					500ml Coconut yoghurt
					500ml coconut milk (carton)
					450g cheddar cheese
					62g parmesan cheese
					4 eggs
					Loaf of bread
					8 tortilla wraps
					300ml cloudy apple juice
					75g sultanas
					2 x 400g tins chopped tomatoes
					2 tins baked beans
					Jar of green pesto
					4 chicken breasts
					1.8 KG lamb shoulder
					4 breaded chicken steaks
					Pantry items (you may already have):
					Vegetable oil
					Coconut oil
					Desiccated coconut
					Oats
					Plain flour
					Self-raising flour
					Baking powder
					Coconut sugar
					Maple syrup
					Unsalted butter
					Peanut butter
					Full fat milk
					Mixed spice
					Bay leaves
					Mild curry powder
					Paprika
					English mustard
					Tomato puree
					Mayonaise
					Low salt chicken stock cubes
					250g dried pasta shapes
					Rice cakes
					Strawberry jam