<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
<th>Shopping List</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>BLW: Fruity French Toast Rolls x3</td>
<td>BLW: Sunshine Pasta Salad (DB*) with quartered grapes</td>
<td>SC: Chicken Korma with Chunky Veg and rice with sliced banana (the recipe serves 6 so leftovers can be eaten Wednesday)</td>
<td>BLW: Avocado Fries (half batch)</td>
<td>1 packet of grapes</td>
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<tr>
<td>Tuesday</td>
<td>BLW: Banana Loaf with quartered grapes</td>
<td>FT: Coconut Chicken Bites with slices of red pepper and cucumber</td>
<td>SC: Minced and Bean CHH (DB*) with tortilla wraps and avocado slices</td>
<td>Apple slices and cheese stick</td>
<td>300g strawberries</td>
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<tr>
<td>Wednesday</td>
<td>BLW: Fruity Bagel topped with sliced strawberries</td>
<td>Leftover Sunshine Pasta Salad with quartered grapes</td>
<td>Leftover Chicken Korma with Chunky Veg and rice with sliced banana</td>
<td>Leftover Banana Loaf</td>
<td>8 bananas</td>
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<tr>
<td>Thursday</td>
<td>Leftover Banana Loaf with quartered grapes</td>
<td>Leftover Coconut Chicken Bites with sliced apple and cucumber sticks</td>
<td>Leftover Mince and Bean Chilli with potato wedges and avocado slices</td>
<td>Cheese stick and quartered grapes</td>
<td>Bag of apples</td>
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<tr>
<td>Friday</td>
<td>BLW: Fruity Bagel topped with sliced strawberries</td>
<td>BLW: Veggie and Protein Packed Wrap with sliced banana</td>
<td>FT: Pasta with Sweet Pepper Sauce (DB*) and quartered grapes</td>
<td>BLW: Carrot Muffins (freeze half of the batch for another week)</td>
<td>1 lemon</td>
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<td>Saturday</td>
<td>BLW: Scotch Pancakes with quartered grapes</td>
<td>BLW: Tuna Toastie with quartered grapes</td>
<td>SC: Lemon and Apple Chicken with boiled/steamed/roasted carrots, parsnips and potatoes (reserve leftovers for tomorrow)</td>
<td>Leftover Scotch Pancake strips with peanut butter spread</td>
<td>2 courgettes</td>
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<tr>
<td>Sunday</td>
<td>BLW: Banana Toast x2 with sliced strawberries</td>
<td>FT: Meat feast Tortilla Pizza made using the leftover chicken from last night with any leftover fruit or salad from the week</td>
<td>Leftover Pasta with Sweet Pepper Sauce with slices of apple</td>
<td>Leftover Carrot Muffins</td>
<td>10 cherry tomatoes and 5 normal sized tomatoes</td>
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*DB - Double batch

Fruit and veg
7 onions
1 green pepper
5 red peppers
150g green beans
3 avocados
1 cucumber
1 pack of mushrooms
1 bag of spinach
8 carrots
1kg potatoes
1 leek
6 celery sticks
4 parsnips
1 green chilli (optional)
1 knob ginger
6 cloves of garlic
1 small bunch of fresh parsley
3 X 280g cream cheese
2 x 250ml plain yoghurt (or vanilla)
1 pint of milk
350g cheddar cheese
Bag of grated parmesan
Bag of grated mozzarella
187ml orange juice
Small carton of apple juice
8 eggs
1.2kg chicken breasts
1 medium sized chicken
1kg minced beef
4 slices of low salt ham (avoid honey if baby is under 12 months)
12 slices of pepperoni
1 large loaf of bread (preferably white)
6 cinnamon and raisin bagels
2 packs of tortilla wraps
Jar of Korma curry paste

Pantry items (you may already have):
- Coconut oil
- Olive oil
- Vegetable oil
- Rice (check you have enough for two meal times)
- 1 chicken stock cube
- Plain flour
- Self-raising flour (check you have 500g)
- Wholemeal plain flour
- Coconut/brown sugar
- Ground flaxseed
<table>
<thead>
<tr>
<th>Ground cinnamon</th>
<th>Ground nutmeg</th>
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<tbody>
<tr>
<td>Garlic powder</td>
<td>Onion powder</td>
</tr>
<tr>
<td>Black pepper</td>
<td>Mild chili powder</td>
</tr>
<tr>
<td>Dried parsley</td>
<td>Dried basil</td>
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<tr>
<td>Dried oregano</td>
<td>Ground cumin</td>
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<tr>
<td>Allspice</td>
<td>Baking powder</td>
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<tr>
<td>Baking soda</td>
<td>Granola</td>
</tr>
<tr>
<td>Dessicated coconut</td>
<td>Granola</td>
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<tr>
<td>Ground almonds</td>
<td>Breadcrumbs</td>
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**Ingredients:**

- 3 x 600ml jars of passata
- 2 x 400g tins of chopped tomatoes
- 1 tin of tuna in spring water
- Soya sauce
- Worcestershire sauce
- Apple cider vinegar
- Peanut butter
- 328g tinned or frozen sweetcorn
- 400g tin of low salt and sugar baked beans
- 400ml tin of coconut milk
- 600g pasta + 20 large conchiglioni rigate pasta shells (or equivalent amount in shape of your choice)
- 10 dried prunes/dates
- 6 dried apricots