

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

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

				Ground cinnamon
				Ground nutmeg
				Garlic powder
				Onion powder
				Black pepper
				Mild chilli powder
				Dried parsley
				Dried basil
				Dried oregano
				Ground cumin
				Allspice
				Baking powder
				Baking soda
				Granola
				Dessicated coconut
				Ground almonds
				Breadcrumbs
				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