

Busy Family of 3/4! (includes meat)

	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	BLW: Fruity Bagel topped with strawberries	BLW: Sunshine Pasta salad with slices of apple (DB* x2)	SC: Moroccan Chicken with couscous and quartered grapes (DB*)	Yoghurt and slices of pear	Punnet of strawberries
Tuesday	BLW: Overnight Apple and Pear Oats	FT: Meaty Pinwheels with quartered grapes (freeze half)	SC: Busy Day Jacket Potatoes with topping of your choice (tuna mayo/cheese/beans/leftover chilli from your freezer etc)	BLW: Peanut Butter Banana	1 packet of grapes
Wednesday	Toast with peanut butter	Leftover Sunshine Pasta Salad with slices of apple	Leftover Moroccan Chicken with wraps or couscous and quartered grapes	BLW: Two Ingredient Cookies with added cinnamon (save half for Wednesday)	9 bananas
Thursday	BLW: Fruity Bagel topped with strawberries	Leftover Meaty Pinwheels with slices of pear	SC: Fragrant Cod Curry with rice and slices of banana	Yoghurt and slices of apple	5 pears
Friday	BLW: Banana Loaf and quartered grapes	BLW: Easy Speedy Carrot and Cheese Wrap with slices of apple	SC: Sweet and Sour Chicken with noodles	Leftover Two Ingredient Cookies	7 apples
Saturday	BLW: Smashed Avocado on Toast	SC: Mushroom Risotto with quartered grapes	Leftover Fragrant Cod Curry with rice and slices of banana	Leftover Banana Loaf with quartered grapes	3 courgettes
Sunday	Leftover Banana Loaf and quartered grapes	FT: Leek and Cheese Pasties with slices of strawberries	FT: Slow Cook Pasta Sauce with spaghetti - if you have any leftover veg you could add it to this sauce (freeze the leftovers for another week)	BLW: Soft Pear and Apple Snack	1 aubergine
					2 avocados
*DB - Double batch					20 cherry tomatoes
					450g mushrooms
					400g runner beans
					200g broccoli
					200g cauliflower
					2 red peppers
					2 green peppers
					5 leeks
					6 onions
					3 shallots
					Lemongrass purée
					3-4 jacket potatoes
					1 sweet potato
					8 carrots
					3 parsnips
					2 heads of garlic
					Unsalted butter
					1 pint full fat milk
					500g full fat cream cheese
					750ml full fat yoghurt
					750g cheddar cheese
					1 pot of grated parmesan
					3 ready-rolled puff pastry sheets
					6 eggs
					350ml cloudy apple juice
					12 chicken breasts
					60g bacon lardons
					500g minced beef
					10 skinless and boneless cod fillets
					6-8 cinnamon and raisin bagels
					1 pack of tortilla wraps
					1 loaf of white bread
					250g sweetcorn
					435g tinned pineapple chunks in juice
					Jacket potato topping of your choice for Tuesday's dinner
					Pantry items (you may already have):
					Olive oil
					Vegetable oil (check you have at least 220ml)
					40 large pasta shells (Conchiglioni Rigate) or the equivalent weight
					Couscous (check you have enough for two meals, unless you intend to use tortilla wraps for leftover Moroccan Chicken on Wednesday)
					Noodles
					Rice (check you have enough for two meals)
					400g risotto rice
					490g oats
					125g granola (avoid honey if baby is under 12 months)
					150g sultanas
					Ginger paste
					Garlic purée
					Maple syrup (check you have enough for approximately 175ml)
					Peanut butter (for example Meridian which is 100% nuts)
					2 x 400ml tins of coconut milk

					400g tin of chopped tomatoes with extra garlic and herbs
					750ml passata
					Sundried tomato paste
					Low salt and sugar tomato ketchup
					Tomato purée
					Low salt soya sauce
					125ml apple cider vinegar
					Worcestershire sauce
					Balsamic vinegar
					Beef stock
					Chicken stock
					Vegetable stock
					Coconut or brown sugar (check you have enough for 175g)
					250g self-raising flour
					Plain flour
					Ground flaxseed
					Cornflour
					Dried thyme
					Dried basil
					Dried oregano
					Ground coriander
					Mild chilli powder
					Paprika
					Turmeric
					Ground cinnamon
					Ground nutmeg
					Ground cloves
					Mixed spice
500					