

Baby-Led Weaning Cookbook Meal Plan No.2- Family of 4/Contains Meat					
	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	BLW: Mini Porridge Bakes with blueberry topping (freeze half for a future week)	BLW: Bubble and Squeak Potato Cakes with red pepper sticks and yoghurt	BLW: Easy Chicken Bake with potato wedges	Breadstick and slices of apple	8 bananas
Tuesday	Toast with peanut butter	Cheese and ham sandwich with apple slices	SC: Sweet Potato Pie (DB*) with sticks of red pepper and cucumber	Leftover Mini Porridge Bakes	4 apples
Wednesday	Leftover Mini Porridge Bakes	Leftover Bubble and Squeak Potato Cakes with tomato slices and yoghurt	BLW: Simple Pesto Pasta (DB*) with breadsticks	BLW: Carrot Muffins (freeze half for a future week)	5 pears
Thursday	Toast with peanut butter	FT: Carrot, Cheese and Pepperoni Pittas - make double to feed four	Leftover Sweet Potato Pie with slices of tomatoes and cucumber	Cheese stick and slices of pear	250g blueberries
Friday	BLW: Blueberry Drop Scones and yoghurt	Leftover Simple Pesto Pasta with breadsticks	SC: Kung Pao Pork with noodles	Leftover Carrot Muffins	2kg cherry tomatoes + 4 normal sized for serving alongside meals
Saturday	SC: Meaty Breakfast (slow cook overnight so it's ready for morning!)	FT: Sweet Pork Pasties with pear slices	BLW: 20 Minute Baked Omelette (make double to feed four) with steamed carrots and potato wedges	Leftover Blueberry Drop Scones	Cucumber
Sunday	BLW: Banana Toast - make double to feed four	BLW: Sourdough Pear Melt (made using normal bread)	FT: Oven-Baked Risotto with slices of pear	BLW: Peanut Butter Banana	4 red peppers
*DB - Double batch					1 courgette
					7 onions
					3 shallots
					6 Brussel Sprouts
					1.5kg white potatoes
					1kg sweet potatoes
					2kg carrots
					2 parsnips
					1 cabbage
					1 head of garlic
					1 knob of ginger
					Ready-rolled shortcrust pastry sheet
					250ml full fat yoghurt
					Unsalted butter
					700g cheese
					3 pints of full fat milk
					187ml orange juice
					300g pack of bacon
					1.5kg minced beef
					175g minced pork
					4 pork steaks
					4 plain/breaded chicken breasts/steaks + 2 chicken breasts
					100g low salt slices of ham (avoid ham containing honey if baby is under 12 months)
					8 pepperoni rings
					2 large loaves of white bread
					1 pack of pitta breads
					Breadsticks
					9 medium eggs
					<b>Pantry or freezer items (you may already have):</b>
					Plain flour
					Wholemeal plain flour
					Self-raising flour
					Cornflour
					Baking powder
					Baking soda
					Oats (check you have enough for 225g)
					Coconut or brown sugar
					Vegetable oil
					Olive oil
					Coconut oil
					Vanilla bean paste or extract
					Low salt soya sauce (check you have enough for 125ml)
					Maple syrup
					Hoisin sauce
					Dijon mustard
					Peanut butter
					400g tomato pesto
					600ml passata

					Tomato puree (check you have enough for 16 tablespoons)
					2 400g tins of chopped tomatoes
					2 tins of tuna in oil
					Mild chilli powder
					Ground cumin
					Allspice
					Ground cinnamon
					Dried oregano
					Dried thyme
					Dried mixed herbs
					3 beef stock cubes
					2 chicken stock cubes
					Noodles
					1kg dried pasta
					300g risotto rice
					Currants (check you have enough for 6 tablespoons)
					26 dried dates or prunes
					6 dried apricots
					6 olives from a jar
					150g diced frozen vegetables
					2 handfuls of frozen peas