

Busy Family of 3 or 4 (includes meat)					
	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	BLW: Moist Apple Puree and Strawberry Loaf	BLW: Healing Butternut Squash and Ginger soup with slices of toast (freeze leftover soup for a future week)	SC: Easy Slow Cooked Beef served with mashed potato, 1/2 the cabbage and boiled carrots	Breadstick, slices of red pepper and houmous dip	8 apples
Tuesday	SC: Meaty Breakfast (DB*) served with slices of buttered toast	Leftover Slow Cooked Beef sandwiches with slices of apple	SC: Vegetable & Sweet Potato Curry (DB*) with rice and slices of banana	Leftover Moist Apple Puree and Strawberry Loaf	5 pears
Wednesday	Leftover Moist Apple Puree and Strawberry Loaf	BLW: Easy Speedy Carrot and Cheese Wrap made with houmous instead of yoghurt with slices of apple	SC: Kung Pao Pork with noodles and quartered grapes	BLW: Peanut Butter Banana	10 bananas
Thursday	Leftover Meaty Breakfast served with slices of buttered toast	FT: Mushroom, Spinach and Cheese Pinwheels with quartered grapes	Leftover Vegetable & Sweet Potato Curry with rice and slices of banana	Breadstick, slices of red pepper and houmous dip	250g strawberries
Friday	FT: Apple and Oat Muffins with slices of strawberries	BLW: Easy Cheesy Pizza Tortilla with slices of apple	SC: Sweet Potato Pie (DB*) served with slices of pear	Greek yoghurt with slices of banana	1 packet of grapes
Saturday	Toast with topping of your choice from your cupboard	Leftover Mushroom, Spinach and Cheese Pinwheels with quartered grapes	FT: Ham, Tomato and Pepper Tart served with potato wedges	Leftover Apple and Oat Muffins	6 red peppers
Sunday	Leftover Apple and Oat Muffins with slices of strawberries	Leftover Ham, Tomato and Pepper Tart with slices of tomato and cucumber	Leftover Sweet Potato Pie served with slices of any remaining fruit or vegetables from the week	Greek yoghurt with slices of pear	1 cucumber
					6 large tomatoes + 12 cherry tomatoes
*DB - Double batch					200g mushrooms
					1 bag of spinach
					1 medium courgette
					2 green chillis (optional)
					13 onions
					10 carrots
					2 parsnips
					1 butternut squash
					1 head of broccoli
					1 small cabbage
					108g green beans
					1kg potatoes
					2.5kg sweet potatoes
					3 heads of garlic
					1 large piece of ginger
					2kg minced beef
					1.4kg stewing beef joint
					10 rashers of bacon
					4 pork steaks
					100g thin pre-cooked ham slices
					Unsalted butter
					1 pint of full fat milk
					250ml full fat natural yoghurt
					250ml full fat Greek yoghurt
					750g cheddar cheese
					225g mozzarella cheese
					Ready-rolled shortcrust pastry sheet
					Ready-rolled puff pastry sheet
					2x houmous dip (or ingredients to make your own)
					2 loaves of bread (preferably white)
					1 pack of 8 wraps
					7 eggs
					Pantry items (you may already have):
					Vegetable oil (check you have enough for about 250ml)
					Olive oil
					Coconut or brown sugar (check you have 55g)
					Self-raising flour (check you have enough for around 440g)
					Cornflour (check you have enough for 8 tablespoons)
					Oats (check you have enough for 135g)
					Granola (optional)
					3 beef stock cubes
					2 vegetable stock cubes
					Ground cumin
					Ground coriander
					Garam masala
					Ground allspice
					Mild chilli powder
					Dried oregano
					Mixed herbs
					Currants (check you have enough for 6 tablespoons)
					16 pitted Medjool dates
					Worcestershire sauce
					Low salt soya sauce (check you have enough for around 140ml)
					Maple syrup (check you have enough for around 200ml)
					Hoisin sauce

					Smooth peanut butter (for example Meridian, which is 100% nuts)
					Ginger puree
					Vanilla bean paste or extract
					1 pouch of apple and strawberry puree
					Noodles
					Rice (check you have enough for two curry meals)
					Packet of breadsticks
					300ml passata
					Tomato puree (check you have enough for 8 tablespoons)
					1 jar of tomato pesto (or enough for 4 tablespoons)
					2x 400g tins of chopped tomatoes + 1 240g tin (or just use another 200g tin and any leftover passata if you feel you need more)
					2x 400ml coconut milk
					300g frozen mixed diced vegetables