<table>
<thead>
<tr>
<th>Day</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Meal 4</th>
<th>Shopping List</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Fruit salad made with diced apple, pear, apricots and banana</td>
<td>BLT Min Pizzas served with slices of cucumber, tomato and apple</td>
<td>SC: Aubergine and Carrot Curry (DB*) served with rice and slices of bananas</td>
<td>Vegan/BLW: Almond and Cherry Scones</td>
<td>10 bananas</td>
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<td>Tuesday</td>
<td>Vegan/BLW: Banana Toast</td>
<td>Vegan/SC: Tomato and Basil Soup served with slices of toast and red pepper (freeze half for another week)</td>
<td>Vegan/SC: Deep-Baked Risotto served with breadsticks</td>
<td>Lefoufour Almond and Cherry Scones</td>
<td>10 apples</td>
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<td>Wednesday</td>
<td>Vegan/SC: Slow Cooked Apple and Pear Parmagio</td>
<td>Lefoufour Almond and Cherry Scones served with slices of cucumber and red pepper</td>
<td>Lefoufour Aubergine and Carrot Curry served with rice and slices of banana</td>
<td>Breadstick with houmous dip and slices of red pepper</td>
<td>6 pears</td>
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<td>Thursday</td>
<td>Vegan: Apricot and Almond Breakfast Cookies (freeze half for another week)</td>
<td>Leftover Tomato and Basil Soup served with slices of toast and red pepper</td>
<td>Vegan/SC: Busy Day Slow Cooked Jacket Potatoes served with your choice of topping</td>
<td>Breadstick with houmous dip and slices of cucumber</td>
<td>175g apricots</td>
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<td>Friday</td>
<td>Vegan/SC: Slow Cooked Pumpkin Parmagio</td>
<td>Vegan/BLW: Falafel Bites served with houmous and slices of tomato</td>
<td>Vegan/FT: Pasta with Sweet Pepper Sauce (DB*) served with breadsticks and slices of pear</td>
<td>Lefoufour Apricot and Almond Breakfast Cookies</td>
<td>6 red peppers</td>
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<tr>
<td>Saturday</td>
<td>Lefoufour Apricot and Almond Breakfast Cookies</td>
<td>BLW: Veggie and Protein Packed Wrap (made with houmous instead of yoghurt) served with slices of pear</td>
<td>Leftover Aubergine and Carrot Curry served with rice and slices of banana</td>
<td>Breadstick with houmous dip and slices of cucumber</td>
<td>2 cucumbers</td>
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<td>Sunday</td>
<td>Vegan: Jam Compote on Toast</td>
<td>Vegan/SC: Slow Cooked Tomato Bruschetta served with slices of apple</td>
<td>Vegan/BLW: Carrot and Apricot Sausages served with mash potato and slices of tomato and cucumber</td>
<td>Vegan/BLW: Two Ingredient Cookies with a sprinkle of cinnamon added</td>
<td>8 kg large tomatoes + 420g cherry tomatoes</td>
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**DB** - Double batch

- 5 aubergines
- 3 shallots
- Large bunch of fresh parsley
- 1 leek
- 2 parsnips
- Small bag of spinach
- 1 sweet potato
- 500g white potatoes + 4 jacket potatoes
- 1 head of garlic
- 1 small knob of ginger
- 2 blocks of Violife cheese (or other vegan cheese)
- Violife parmesan (or other vegan hard cheese)
- Violife butter (or other vegan spread)
- 250ml almond yoghurt (or other vegan yoghurt)
- 1.5L Koko milk or other milk substitute
- 1 loaf of bread (optional)

**Pantry items (you may already have):**

- 400ml coconut cream
- 300g tin of chickpeas
- 400g tin of chopped tomatoes
- 400ml passata
- Tube of tomato puree (enough for 12 tablespoons)
- Garlic puree
- Maple/agave/date syrup
- 175g almond butter
- Vanilla bean paste or extract
- Almond extract
- 4 vegetable stock cubes
- 17 dried apricots
- Packet of breadsticks
- Olive oil
- Vegetable oil
- Coconut oil
- Plan flour
- Self-raising flour (250g)
- Wholemeal spelt flour (250g)
- Baking powder
- Salt (127g)
- Ground almonds (60g)
- Flaxseed (or vegan egg substitute)
- Chia seeds
- Dried pasta (500g)
- Rice (enough for two dinners)
- Brown rice (300g)
- Mild curry powder
- Mild chilli powder
- Dried parsley
- Alfalfa
- Ground coriander
- Turmeric
- Ground cinnamon
- Ground nutmeg
- Black pepper
- Dried basil
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<tr>
<td>Dried oregano</td>
<td>Dried parsley</td>
<td>Fennel seeds</td>
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<td>Frozen mixed berries</td>
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