

Family of 4, Vegan					
	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	Fruit salad made with diced apple, pear, apricots and banana	BLW: Mini Pizza Bites served with slices of cucumber, tomato and apple	SC: Aubergine and Carrot Curry (DB*) served with rice with slices of banana	Vegan/BLW: Almond and Cherry Scones	10 bananas
Tuesday	Vegan/BLW: Banana Toast	Vegan/SC: Tomato and Basil Soup served with slices of toast and red pepper (freeze half for another week)	Vegan/SC: Oven-Baked Risotto served with breadsticks	Leftover Almond and Cherry Scones	10 apples
Wednesday	Vegan/SC: Slow Cooked Apple and Pear Porridge	Leftover Almond and Cherry Scones served with slices of cucumber and red pepper	Leftover Aubergine and Carrot Curry served with rice and slices of banana	Breadstick with houmous dip and slices of red pepper	8 pears
Thursday	Vegan: Apricot and Almond Breakfast Cookies (freeze half for another week)	Leftover Tomato and Basil Soup served with slices of toast and red pepper	Vegan/SC: Busy Day Slow Cooked Jacket Potatoes served with your choice of topping	Breadstick with houmous dip and slices of cucumber	175g apricots
Friday	Vegan/SC: Slow Cooked Pumpkin Porridge	Vegan/BLW: Falafel Bites served with houmous and slices of tomato	Vegan/FT: Pasta with Sweet Pepper Sauce (DB*) served with breadsticks and slices of pear	Leftover Apricot and Almond Breakfast Cookies	5 red peppers
Saturday	Leftover Apricot and Almond Breakfast Cookies	BLW: Veggie and Protein Packed Wrap (made with houmous instead of yoghurt) served with slices of pear	Vegan/BLW: Carrot and Apricot Sausages served with mash potato and slices of tomato and cucumber	Vegan/BLW: Two Ingredient Cookies with a sprinkle of cinnamon added	2 cucumbers
Sunday	Vegan: Jam Compote on Toast	Vegan/SC: Slow Cooked Tomato Bruschetta served with slices of apple	Leftover Pasta with Sweet Pepper Sauce served with breadsticks and slices of pear	Leftover Two Ingredient Cookies with a sprinkle of cinnamon added	2kg large tomatoes + 420g cherry tomatoes
*DB - Double batch					8 aubergines
					1 courgette
					24 carrots
					5 onions
					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 tubs of houmous (or make your own)
					2 blocks of Violife cheese (or other vegan cheese)
					Violife parmesan (or other vegan hard cheese)
					Vitalite butter (or other vegan spread)
					250ml almond yoghurt (or other vegan yoghurt)
					1.5L Koko milk or other milk substitute
					160g Tofu (optional)
					3 loaves of bread
					1 pack of 8 tortilla wraps
					Tin of cherries
					187g pumpkin or butternut squash puree (homemade or shop bought)
					Pantry items (you may already have):
					400ml coconut cream
					400g tin of chickpeas
					400g tin of chopped tomatoes
					400ml passata
					Tube of tomato puree (enough for 12 tablespoons)
					Garlic puree
					Maple/agave/date syrup
					130g 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
					Plain flour
					Self-raising flour (250g)
					Wholemeal spelt flour (165g)
					Baking powder
					Oats (247g)
					Ground almonds (60g)
					Flaxseed (or vegan egg substitute)
					Chia seeds
					Dried pasta (600g)
					Rice (enough for two dinners)
					Risotto rice (300g)
					Mild curry powder
					Mild chilli powder
					Ground cumin
					Allspice
					Ground coriander
					Turmeric
					Ground cinnamon
					Ground nutmeg
					Black pepper
					Dried basil

					Dried oregano
					Dried parsley
					Fennel seeds
					Frozen mixed berries