<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
<th>Shopping List</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Fruit salad made with diced apple, pear, apricots and banana</td>
<td>BLW: Min Pizza Bites 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: Oven-Baked Risotto served with breadsticks</td>
<td>Leftover Almond and Cherry Scones</td>
<td>10 apples</td>
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<td>Wednesday</td>
<td>Vegan/SC: Slow Cooked Apple and Pear Risotto</td>
<td>Leftover Almond and Cherry Scones served with slices of cucumber and red pepper</td>
<td>Vegan/SC: Aubergine and Carrot Curry served with rice and slices of banana</td>
<td>Breadstick with hummus dip and slices of red pepper</td>
<td>8 pears</td>
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<td>Thursday</td>
<td>Leftover Tomato and Basil Soup served with slices of toast and red pepper</td>
<td>Vegan/SC: Slow Cooked Jacket Potatoes served with your choice of topping</td>
<td>Vegan/FT: Pasta with Sweet Pepper Sauce (DB*) served with breadsticks and slices of pear</td>
<td>Leftover Aubergine and Carrot Curry</td>
<td>2 pepper</td>
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<td>Friday</td>
<td>Leftover Almond and Cherry Scones</td>
<td>Vegan/BLW: Falafel Bites served with hummus and slices of tomato</td>
<td>Vegan/SC: Busy Day Slow Cooked Jacket Potatoes served with your choice of topping</td>
<td>Leftover Almond and Cherry Scones</td>
<td>5 red peppers</td>
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<td>Saturday</td>
<td>Leftover Apricot and Almond Breakfast Cookies</td>
<td>BLW: Veggie and Protein Packed Wrap (made with hummus instead of yoghurt) served with slices of pear</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 cucumbers</td>
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<tr>
<td>Sunday</td>
<td>Vegan: Jam Composte on Toast</td>
<td>Vegan/SC: Slow Cooked Tomato Bruschetta served with slices of apple</td>
<td>Leftover Pasta with Sweet Pepper Sauce served with breadsticks and slices of pear</td>
<td>Leftover Two Ingredient Cookies</td>
<td>1kg large tomatoes + 430g cherry tomatoes</td>
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**DB** - Double batch

- 8 aubergines
- 1 courgette
- 24 carrots
- 5 courties
- 5 stalks
- 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
- 1 tub of hummus (or make your own)
- 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 rice milk or other milk substitute
- 160g Tofu (optional)
- 3 leaves of bok choi
- 1 pack of 8 tortilla wraps
- Tin of sweet potatoes
- 187g pumpkin or butternut squash puree (homemaded 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/sapag/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 (165g)
- Baking powder
- Salt (247g)
- Ground almonds (45g)
- Flaxseed (or vegan egg substitute)
- Chia seeds
- Dried parsley (500g)
- Rice (enough for two dinners)
- Roasted rice (300g)
- Mild curry powder
- Mild chilli powder
- ground cumin
- Knob of butter
- ground coriander
- Turmeric
- ground cinnamon
- ground nutmeg
- Black pepper
- Dried basil
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<tbody>
<tr>
<td>Dried oregano</td>
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<tr>
<td>Dried parsley</td>
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<tr>
<td>Fennel seeds</td>
<td>Frozen mixed berries</td>
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