<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>Bagels topped with cream cheese and banana slices</td>
<td>BLW: Ham, cheese and red pepper egg cups</td>
<td>BLW: Slow cooked beef ragu with spaghetti (DB)</td>
<td>BLW: Slow cooked beef ragu with rice</td>
<td>4 baking potatoes</td>
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<td>Tuesday</td>
<td>Toast, cereal or porridge (depending on your pantry stock)</td>
<td>Pasta stirred into cream cheese with a pinch of mixed herbs</td>
<td>Jacket potato with topped with steamed broccoli stirred into cream cheese</td>
<td>2 plain breadsticks and 1 stick of cheese</td>
<td>4 sweet potatoes</td>
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<tr>
<td>Wednesday</td>
<td><strong>FT</strong>: Banana muffins &amp; plain yoghurt</td>
<td><strong>BLW</strong>: Ham, cheese and red pepper egg cups</td>
<td><strong>BLW</strong>: Slow cooked beef ragu with rice</td>
<td>1 plain rice cake topped with cream cheese and quartered grapes</td>
<td>1 broccoli</td>
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<td>Thursday</td>
<td>Bagels topped with cream cheese and grated pear</td>
<td>FT: Pizza Pinwheels served with a apple wedges (microwave until soft with 2 tbsp of water)</td>
<td>BLW: Super simple tomato pasta served with pasta shapes (DB)</td>
<td><strong>BLW</strong>: Leftover super simple tomato pasta - add tinned tuna and serve stirred into couscous or rice</td>
<td>6 onions</td>
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<tr>
<td>Friday</td>
<td>FT: Banana muffins &amp; quartered red or green grapes</td>
<td>Peanut butter sandwich served with a banana</td>
<td>SC: Chicken and apricot stew served with roasted sweet potato chunks (DB)</td>
<td>Ripe pear wedges and 2 cucumber sticks</td>
<td>4 carrots</td>
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<tr>
<td>Saturday</td>
<td>FT: Banana muffins &amp; plain yoghurt</td>
<td>FT: Pizza Pinwheels served with a apple wedges (microwave until soft with 2 tbsp of water)</td>
<td><strong>BLW</strong>: Leftover super simple tomato pasta - add tinned tuna and serve stirred into couscous or rice</td>
<td>1 plain rice cake topped with peanut butter</td>
<td>2 parsnips</td>
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<tr>
<td>Sunday</td>
<td>Toast, cereal or porridge (depending on your pantry stock)</td>
<td>Cream cheese and cucumber sandwich served with plain yoghurt</td>
<td>SC: Chicken and apricot stew served with roasted sweet potato chunks</td>
<td>Ripe pear wedges and 1 cheese stick</td>
<td>4 celery sticks</td>
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*DB - Double batch

1 pepper

4 garlic cloves

Pizza toppings i.e. pineapple, pepper, onion, chicken... (for pizza pinwheels)

1 cucumber

7 bananas

6 pears

Red or green grapes

500ml plain yoghurt

Cheddar cheese

Cream cheese

Full fat milk

Red rolled puff pastry sheet

8 eggs

6 slices of cooked ham (or chicken for egg cups)

1kg chicken breasts

2 x 750g minced beef

6 bagels

4 x 400g tins of chopped tomatoes

2 x 600ml jars passata

24 dried apricots (250g bag should be enough)

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

Wholemeal spelt flour

Plain flour

Baking powder

Baking soda

Cinnamon

Nutmeg

Mixed herbs

Dried thyme

Ground cumin

Ground coriander

Paprika

Coconut oil

Maple syrup

Peanut butter

Balsamic vinegar

Tomato puree

2 jars tinned tuna in spring water

Reduced salt beef stock cubes

Reduced salt chicken stock cubes

Couscous

Rice

800g dried pasta

Couscous (optional for Saturday, replace with rice if desired)

Breadsticks

Plain rice cakes

Milch chocolate chips (optional, for the banana muffins)