Baby-Led Weaning Cookbook Meal Plan No.1- Family of 3/Contains Meat

	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	Toast with mashed banana topping,	BLW: Coconut Scones with	Jacket potato with tuna (stirred	BLW: Two ingredient cookie	
Monday	served with blueberries	strawberry jam	into yoghurt)	BLW. TWO INGREDIETIC COOKIE	3 baking potatoes
Tuesday	BLW: Two ingredient cookie	Peanut butter sandwiches served with quartered grapes and plain yoghurt	SC: Dump & run stew (DB*)	2 plain breadsticks and 5 blueberries	5 medium sweet potatoes
Wednesday	BLW: Two ingredient cookie	BLW: Sourdough pear melt (made with normal bread served with quartered grapes	SC: Turkey, sweet potato and sweetcorn chilli (DB*)	Banana and blueberries	5 carrots
Thursday	Toast, cereal or porridge (depending on your pantry stock)	Cheese sandwich with cucumber sticks and plain yoghurt	SC: Dump & run stew	1 rice cracker topped with peanut butter	4 parsnips
Friday	BLW: Soft apple and pear snack	BLW: Sourdough pear melt (made with normal bread served with quartered grapes	SC: Turkey, sweet potato and sweetcorn chilli	Steamed carrot	6 onions
Saturday	Scrambled egg on toast	BLW: Peanut butter wraps served with cucumber sticks	BLW: Simple pesto pasta	Soft apple and pear snack	600g button mushrooms
Sunday	Toast, cereal or porridge (depending on your pantry stock)	Cheese Sandwich with cucumber sticks and plain yoghurt	BLW: Veggie packed pizza	Ripe pear wedges	300g cherry tomatoes
					1/2 cucumber
*DB - Double batch					A small bag of pre-prepared broccoli and cauliflower florets
					6 cloves garlic
					150g blueberries
					2 apples
					6 pears
					6 medium eggs
					500g red or green grapes
					9 bananas
					500g Plain yoghurt
					162g mild cheddar cheese
					Carton of coconut milk (187ml)
					8 stewing beef steaks
					1kg minced turkey
					4 sliced cooked beef
					6 flour tortillas
					Bread loaf
					Pantry items (you may already have):
					Plain flour
					Dried mixed herbs
					Dried rosemary
					Dried ground cumin
					Mild chilli powder
					2 tins of tuna in spring water
					1 tin of tuna in oil
					Tomato puree
					2 low salt beef stock cube
					Olive oil
					Vegetable oil
					2 x 400g tin chopped tomatoes
					2 x 198g tin of sweetcorn
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