

Family of 4, Vegan

	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	Overnight apple and pear oats (DB*)	Courgette, pear and parsnip muffins/ blueberries served sliced in half	Roasted vegetables in tomato sauce served with rice	Breadstick with hummus, olives sliced in half	2 parsnips
Tuesday	Overnight apple and pear oats	Coconut Scones with apricot jam	Mushroom burgers with homemade chips (DB*)	1 rice cracker topped with peanut butter and banana	250g cherry tomatoes
Wednesday	Mashed Banana on toast	Courgette, pear and parsnip muffins/ blueberries served sliced in half	Slow cooked mushroom stroganoff with rice (DB*)	Soft apple and pear snack	1 aubergine
Thursday	Apricot and almond breakfast cookies	BLW: Coconut Scones with strawberry jam	Mushroom burgers with homemade chips	Two ingredient cookies	3 courgettes
Friday	Toast, cereal or porridge (depending on your pantry stock)	Coconut Scones with apricot jam	Slow cooked mushroom stroganoff with rice	Apricot and almond breakfast cookies	900g mushrooms
Saturday	Apricot and almond breakfast cookies	Bagel with hummus and sliced cherry tomatoes and blueberries	Veggie pesto pasta	Two ingredient cookies	4 tomatoes
Sunday	Toast, cereal or porridge (depending on your pantry stock)	Pitta bread slices, hummus dip, cherry tomatoes and a banana	Potato and lentil curry	Soft apple and pear snack	8 baking potatoes
					500g new potatoes
*DB - Double batch					4 onions
					1 carrot
					2 red peppers
					2 garlic cloves
					Fresh parsley
					Olives
					Hummus
					2 pears
					9 bananas
					4 apricots or 125g apricot puree
					4 pears
					2 apples
					Small punnet of blueberries
					62ml apple puree (pouch or homemade)
					1 tin coconut milk
					200ml Koko coconut yoghurt
					Carton of coconut milk
					Margarine (stork or flora)
					Vegan green pesto
					1 tin chopped tomatoes
					600ml passata
					4 bagels
					4 pitta breads
					Loaf of bread
					Desiccated coconut
					Ground flax seed
					8 dried apricots
					<b>Pantry items (you may already have):</b>
					Ground cinnamon
					Dried mixed spice
					Dried mixed herbs
					Dried Oregano
					Smoked paprika
					Mild curry powder
					Black pepper
					Maple syrup
					Agave syrup (can be substituted with maple syrup)
					Almond butter (can be substituted with peanut)
					Apricot jam (can be substituted with any jam)
					Vanilla extract
					Spelt flour
					Self raising flour
					Baking powder
					Breadcrumbs (125g)
					Rice
					Pasta
					Dried red lentils
					Coconut oil
					Vegetable oil