<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>Overnight apple and pear oats (DB*)</td>
<td>Courgette, pear and parsnip muffins/ blueberries served sliced in half</td>
<td>Roasted vegetables in tomato sauce served with rice</td>
<td>Breadstick with hummus, olives served sliced in half</td>
<td>2 parsnips</td>
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<tr>
<td>Tuesday</td>
<td>Overnight apple and pear oats</td>
<td>Coconut Scones with apricot jam</td>
<td>Mushroom burgers with homemade chips (DB*)</td>
<td>1 rice cracker topped with peanut butter and banana</td>
<td>250g cherry tomatoes</td>
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<tr>
<td>Wednesday</td>
<td>Mashed Banana on toast</td>
<td>Courgette, pear and parsnip muffins/ blueberries served sliced in half</td>
<td>Slow cooked mushroom stroganoff with rice (DB*)</td>
<td>Soft apple and pear snack</td>
<td>1 small egg</td>
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<tr>
<td>Thursday</td>
<td>Apricot and almond breakfast cookies</td>
<td>BLW: Coconut Scones with strawberry jam</td>
<td>Mushroom burgers with homemade chips</td>
<td>Two ingredient cookies</td>
<td>4 courgettes</td>
</tr>
<tr>
<td>Friday</td>
<td>Toast, cereal or porridge (depending on your pantry stock)</td>
<td>Coconut Scones with apricot jam</td>
<td>Slow cooked mushroom stroganoff with rice</td>
<td>Apricot and almond breakfast cookies</td>
<td>900g mushrooms</td>
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<tr>
<td>Saturday</td>
<td>Apricot and almond breakfast cookies</td>
<td>Bagel with hummus and sliced cherry tomatoes and blueberries</td>
<td>Veggie pesto pasta</td>
<td>Two ingredient cookies</td>
<td>4 tomatoes</td>
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<tr>
<td>Sunday</td>
<td>Toast, cereal or porridge (depending on your pantry stock)</td>
<td>Pitta bread slices, hummus dip, cherry tomatoes and a banana</td>
<td>Potato and lentil curry</td>
<td>Soft apple and pear snack</td>
<td>8 baking potatoes</td>
</tr>
</tbody>
</table>

**DB - Double batch**

- 4 onions
- 1 carrot
- 2 red peppers
- 2 garlic cloves
- Fresh parsley
- Olives
- Hummus
- 2 ears
- 9 bananas
- 4 apricots or 125g apricot puree
- 4 pears
- 2 apples
- Small punnet of blueberries
- 625ml 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

Pantry items (you may already have):
- 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