

Week Meal Plan

AND SHOPPING LIST

Date:

Sunday

- Roast Beef, sweet
- potato, green beans,
- roast aubergine

Monday

- Duck breast, stuffed
- baked mushrooms,
- and salad

Tuesday

- Beef sausage,
- veggie stirfry, sweet
- potato wedges

Wednesday

- Butter Chicken,
- cauliflower rice,
- brusselsprouts

Thursday

- Meat Loaf,
- haloumi cheese,
- avo salad

Friday

- Barbequed lamb
- chops, chorizo
- salad

Saturday

- Whole chicken,
- stuffed butternut,
- veg

Shopping List.

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- Roast beef cut
- Green beans
- Sweet potato
- Aubergine
- Duck breasts
- Mushrooms
- Salad ingredients
- Mozzarella
- Beef sausage
- Medley of vegetables
- Chicken breasts
- Passata
- Coconut milk
- Cream
- Cauliflower
- Brusselsprouts
- Minced beef
- Haloumi cheese
- Avocados
- Lamb chops
- Chorizo
- Whole chicken
- Butternut
- Onions
- Nuts (almonds, hazels etc)
- Coconut oil, duck fat and butter