

Week Meal Plan

AND SHOPPING LIST

Date:

Sunday



Baked Ham

Monday



Smoked Mackerel

Tuesday



Coconut chicken

Wednesday



Stir Fried bacon,
pasta and veg
medley

Thursday



Lasagne

Friday



Fowl Pie

Saturday



Beef Barbacoa

Shopping List.



Medium Smoked Ham

Potatoes

Caprese Salad ingredients
(tomatoes and mozzarella)

Smoked peppered mackerel
fillets

Avocado

Cheese including cottage,
feta, Parmesan, mozzarella
and cheddar)

Chicken Breasts

Coconut milk

Limes (at least 4 for two
recipes)

Sweet potatoes

Vegetables including carrots,
broccoli, peas, sweetcorn,

cauliflower, aubergine,
onions beetroot, kale

Bacon rashers

Fusilli Pasta

Beef mince

Tinned tomatoes or passata
(x2 for two meals)

Tomato paste

Turkey Mince

Beef brisket or house
keeper's cut

Wraps

Sour cream or plain Greek
yoghurt