

Week Meal Plan

AND SHOPPING LIST

Date:

Sunday



Tacos

Monday



Pad Thai

Tuesday



Pasta Carbonara

Wednesday



Chicken Chow
Mein

Thursday



Chicken Tikka
Masala

Friday



Fish 'n Chips

Saturday



Burgers

Shopping List.



- Minced beef
- Kidney beans
- Taco shells and spices
- Toppings (avo, sour cream, cheddar cheese, iceberg lettuce, tomatoes, red onion)
- rice noodles
- tamarind sauce or lime juice
- fish sauce
- eggs
- tinned anchovies
- prawns
- chili
- beansprout
- peanuts]coriander leaf
- Parmesan
- spaghetti or linguini
- pancetta
- parsley
- Chicken Breasts (for two dinners)
- Soy sauce
- Egg noodles
- spring onions
- Mangetout
- dry sherry or rice wine
- fish
- potatoes
- peas
- minced beef or burger patties
- burger buns or flour and yeast
- ingredients for coleslaw
- Natural Yoghurt
- Spices (garlic, ginger, garam masala, coriander seed, cumin, paprika, cloves)
- tinned tomatoes
- tomato puree
- double cream
- flaked almonds