

meal plan



MONDAY	Pesto pitta pockets & salad.	Spaghetti & meatballs
TUESDAY	Carrot & courgette sausage muffins & veg sticks.	Salmon fishcakes with vegetable couscous
WEDNESDAY	Cheesy beans on toast	Turkey roll with spinach and peppers
THURSDAY	Beetroot & feta salad.	Shepherd's pie
FRIDAY	Sandwiches, veg sticks & houmous.	Chicken stir fry
SATURDAY	Pizza pinwheels & salad	Homemade fish & chips with peas
SUNDAY	FLEXI DAY	

SHOPPING LIST

Lettuce
 Cucumber
 Tomatoes
 Peppers
 Celery
 Carrots
 Courgettes
 Beetroot
 Spinach
 Pita bread
 Bread
 Beef mince
 Pork mince
 Lamb mince
 Turkey breast
 Chicken breasts
 Salmon
 Cod
 Spaghetti
 Noodles
 Baked beans
 Sweetcorn
 Houmous
 Cheddar cheese
 Feta cheese

All-purpose flour
 Sugar
 Baking powder

Apples
 Bananas
 Grapes
 Satsumas
 Watermelon

Frozen mixed veg
 Garlic bread
 Frozen pizza

