

MEAL PLANNING GUIDE: MONDAY TO FRIDAY

BREAKFAST: PORRIDGE & MAPLE SYRUP (MARK), YOGURT, GRANOLA & APPLE SAUCE (ANNA)

LUNCH: AVOCADO, EGG OR FETA ON TOAST (ANNA)

SNACKS: NUTS, YOGURT, DARK CHOCOLATE

DINNER: MONDAY: HOMEMADE NANDOS - CHICKEN, PEAS & SWEET POTATO

TUESDAY: COD PARCELS (LEAN MACHINES RECIPE) & BROCCOLI

WEDNESDAY: CHILLI CON CARNE WITH RICE, SOUR CREAM & GUACAMOLE

THURSDAY: LEFTOVER CHILLI (ANNA OUT FOR THE EVENING)

FRIDAY: SALMON, MEDITERRANEAN VEG & BROCCOLI

THINGS WE ALREADY HAVE:

OATS	FROZEN PEAS	GARLIC GRANULES	CANNELLINI BEANS
GRANOLA	OLIVE OIL	SMOKED PAPRIKA	CHOPPED TOMATOES
MAPLE SYRUP	CAJUN SEASONING	GROUND CUMIN	KIDNEY BEANS
EGGS	GROUND CINNAMON	CHILLI POWDER	BAKED BEANS
NUTS & SEEDS	SALT & PEPPER	TOMATO PUREE	BROWN RICE PACKETS

SHOPPING LIST:

FRUIT & VEG

APPLES X3

ORANGE X1

LEMON X1

TOMATOES X3

AVOCADOS X 4

SWEET POTATO X4

RED ONION X4

BROCCOLI X2

BAG OF BUTTERNUT SQUASH

RED PEPPER X1

ORANGE PEPPER X1

1 PACK OF ASPARAGUS

CHILLI

GARLIC

DIARY

MILK

FETA

GREEK YOGURT

SOUR CREAM

MEAT & FISH

COD LOINS X2

CHICKEN BREASTS X2

SALMON FILLETS X2

500G LEAN BEEF MINCE

500ML BEEF STOCK

DRY AISLES

SOURDOUGH BREAD

DARK CHOCOLATE

JAR OF ROASTED RED PEPPERS