



Meal plan – quick and easy family meals

Shopping List

Baked products

- 4 Pitta Breads
- 4 Tortilla Wraps

Beef

- 300 g Beef (Sirloin)

Dairy

- 200 g Feta Cheese
- 100 g Cheese
- 200 mls Natural Yoghurt

Fish

- 4 White Fish Fillets

Fruits

- 50 g Cranberries (dried)
- 1 Bunch Grapes
- 2 Lemons

Nut and Seed Products

- 30 g Sesame seeds
- 1 tblsp Tahini (Optional)
- 50 g Walnuts
- ½ Jar Olives

Poultry

- 3 Chicken fillets

Vegetables

- 2 Carrots
- 3 stalks Celery
- 1 pack Cherry Tomatoes
- 1 Courgette
- 1 ½ Cucumber
- 1 Green Pepper
- 1 ½ Lettuce
- 2 Red Onion
- 2 Red Pepper
- 2 Yellow Pepper



4 Tomatoes

Sweets

2 tblsp Honey

Store Cupboard

25g Cornflour

25g Brown Sugar

25g Plain flour

200 g Pasta

2 cans Chickpeas

1 Onion

2 cloves Garlic

2 tsp Garlic Puree

1 tblsp Lemon juice

4 tblsp Olive oil

3 tblsp Vegetable oil

2 tblsp Parsley

1 Vegetable Stock Cube

1 can chopped tomatoes

2 tsp Cajun Spice

1 pinch Cayenne pepper

1 tblsp Red wine vinegar