



Meal Planner

w/c June 8, 2014

	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday	-----	-----	Pork Chops & Vegetables (w Apple Sauce)	Cucumber Pear
Tuesday	White Bean Spread on a Whole Wheat English Muffin	↙	Chicken Korma (w Steamed Vegetables & Basmati Rice)	↓
Wednesday		↙	Beef & Vegetable Stew	
Thursday	↓	↙	Crispy Skin Salmon (w Snow Peas & Broccoli)	
Friday	-----	-----	-----	
Saturday				

- ### Shopping List
- 2 large onions
 - 3cm piece ginger
 - 4 carrots
 - 500g green beans
 - 1/2 head cauliflower
 - 2 parsnips
 - 2 handfuls snow peas
 - 1 large head broccoli
 - 12 button mushrooms
 - 4 Lebanese cucumbers
 - 4 pears
 - 2 apples
 - 4 x 250g pork loin chops
 - 600g rump steak
 - 600g chicken breast
 - 2 x 200g salmon fillets
 - 400g can diced tomatoes
 - 250g beef stock
 - 125g can chickpeas
 - 400g can cannellini beans
 - 4 whole wheat English muffins
 - Frozen peas

- ### In My Pantry
- Olive oil, light olive oil
 - Vegetable oil
 - Garlic, lemon juice
 - Apple cider vinegar
 - Dijon mustard
 - Dried oregano, ground cinnamon
 - Ground cardamom
 - Ground turmeric
 - Garam masala, ground coriander
 - Ground cumin, bay leaf
 - Grated parmesan cheese
 - Basmati rice, reduced fat milk
 - Self-raising (all purpose) flour
 - Salt, pepper