

Shopping list

Fruit & veg & fresh stuff

- Fresh green veg (green beans / asparagus / mange touts / sugarsnaps / etc) x 2 portions
- Mange touts / sugar snaps, 1 packet
- 1 packet / bunch kale
- 1 lettuce
- 3 tomatoes
- 2 cucumber
- 200g spinach
- 700g carrots
- 2 punnets mushrooms
- 3 aubergines
- 6 courgettes
- 8 peppers
- 1 small packet rocket
- 1 lemon
- 1.5 kg potatoes
- 1 kg onions
- 1 bulb garlic
- 3 chillis
- any mixed herbs (ideally fresh, otherwise dry)

Meat

- 750g mince (omit if veggie)

- 6 sausages (veggie sausages if you're veggie)
- 2 fillets salmon (buy on the day!)

Dairy

- 2 packets feta
- 50g blue cheese (Stilton is ideal)
- 1 block butter (won't get used up)
- Optional: parmesan / pecorino (to top the salmon)
- 6 eggs

Dry goods & store cupboard

- 1 bottle white wine (need 1/2 bottle)
- 1 bottle red wine
- 1 packet rice (need 1/2 cup max)
- 1 tin kidney beans (veggie option: 3 tins total)
- 1 tin chickpeas
- 2 tins black olives
- 9 tinned / boxed tomatoes
- Optional: pesto (to top the salmon)
- 1 packet frozen peas
- Paprika
- Olive oil
- Balsamic vinegar

Breakfasts, household, etc

Megan Cooks and Overshares

www.megancooksandovershares.blogspot.co.uk

Meal plan

Day	Lunch	Dinner	Do for tomorrow
Saturday	Large Greek salad	Sausage & mash + 2 green veg (3 portions mash, freeze 2)	Freeze 2 portions mash, 1 portion sausages
Sunday	<i>same salad</i>	Big bolognese with kale (or spaghetti) (4 portions bolognese, freeze 3)	Freeze 3 portions bolognese
Monday	<i>same salad</i>	<i>Quick</i> Spinach & blue cheese frittata	
Tuesday	<i>cold frittata</i>	<i>Collate</i> Chilli con carne	Make veg soup for tomorrow, freeze 2 portions & fridge 2
Wednesday	Cottage veg soup (4 portions, freeze 2, fridge 1)	Big ratatouille (3 portions, freeze 2)	Freeze 2 portions ratatouille; shop for salmon
Thursday	<i>same veg soup</i>	Salmon, green veg, baby potatoes	Make chickpea salad for tomorrow; defrost 1 bolognese & 1 mash
Friday	Kirsten's chickpea salad	<i>Collate</i> Shepherd's pie	

Notes