

# Week Two Menu Overview

	Breakfast	Lunch	Dinner	Snacks
<b>Monday</b>	Porridge	Avocado & prawn salad	<a href="#">Moroccan Turkey Breasts and pan-fried veg.</a>	Olives Juice or smoothie
<b>Tuesday</b>	Muesli	Haddock Chowder	<a href="#">Chickpea Curry &amp; Rice</a>	2 pieces of fruit
<b>Wednesday</b>	Poached eggs & haddock with spinach.	Salad Nicoise	<a href="#">Chicken, broccoli &amp; chickpea pilau</a>	Olives Juice or smoothie
<b>Thursday</b>	Porridge	<a href="#">Lentil pate &amp; crudites</a>	Spinach & spring onion omelette, coleslaw & salad	2 pieces of fruit Handful of nuts
<b>Friday</b>	Muesli	Butterbean soup	<a href="#">Tarragon &amp; Dijon Haddock</a>	Olives Juice or smoothie
<b>Saturday</b>	Scrambled Eggs, tomato and rocket.	<a href="#">Courgette &amp; Salmon Salad</a>	<a href="#">Sticky lemon chicken, sweet potato wedges &amp; veggies</a>	Punnet of berries
<b>Sunday</b>	Porridge	Hummus & crudites & oat cakes	<a href="#">Spicy Pork Loin &amp; beansprout stir fry.</a>	Olives Juice or smoothie

## Shopping List

Per Person

### Dry Goods

- 1x bag gluten-free oats
- 1-2 packets of oat cakes
- 2 x milk substitutes of your choice
- 1-2 x large tins unsweetened chickpeas
- 1 x tin unsweetened butterbeans
- Bamati rice
- Dry red lentils (should have some from last week)
- 1 x tin tuna in spring water
- 1 x tin tomatoes

Olive Oil

Salt

Pepper

Mayonnaise (for coleslaw)

Wholegrain mustard (for salmon salad dressing)

Moroccan spice mix  
Curry Powder  
Dried Tarragon  
Dijon Mustard  
White wine vinegar

8 - 10 eggs

1 x container of full fat hummus

1 container of fresh olives

1 packet of frozen or fresh prawns

### Fruit & Vegetables

9 lemons

Fruit for snacks / smoothies or juices

Avocado

1 large bag of unwashed spinach leaves

White cabbage

Onions

Carrots

Rocket

Tomatoes

Sweet potatoes

Chilli

Courgette x 1

Broccoli

Carrots

Veggies for a stir fry x 2 including bean sprouts

Salad for lunches

### Meat & Fish

Turkey breast fillets

Smoked haddock fillets for two meals (breakfast and chowder)

Unsmoked haddock fillets for dinner

Salmon fillet

Chicken breast x2

Boneless pork loin