

# Weekly Meal Plan

## Grocery List

### Produce

- Butternut Squash
- Lemon
- Shallots
- Garlic cloves
- Spinach
- Celery
- Lettuce
- Onions
- Ginger
- Chilli
- Tomatoes
- Coriander
- Zucchini
- Eggplants
- Cabbage
- Red Peppers
- Carrot
- Sweet Corn
- Thyme
- Bay Leaf
- Potato
- Leek
- Mushrooms
- Capsicum
- Parsley

### Meat

- Lobster Meat
- Chicken Breasts
- Lamb Shoulder

### Frozen

- Puff Pastry
- Frozen Peas

### Grains & Spices

- Bread Rolls
- Naan Bread
- Macaroni
- Pasta Flour
- Dried Yeast
- Durum Wheat Semolina
- Nutmeg
- Cayenne Pepper
- Paprika
- Curry Powder
- Cumin
- Turmeric
- Fenugreek
- Basmati Rice
- Blanched Almonds
- Dried Chickpeas
- Rosemary

### Dairy & Eggs

- Eggs
- Butter
- Parmesan Cheese
- Cheddar Cheese
- Mozzarella
- Mayonnaise

### Additional

- Canned Tomatoes
- Tomato Purée
- Vegetable Stock
- Sunflower Oil
- Dijon Mustard

## Meals

### Monday

Butternut rotolo pasta

### Tuesday

Lobster roll

### Wednesday

Butter chicken

### Thursday

Miguel's mac and cheese  
ratatouille bake

### Friday

Rainbow pizza

### Saturday

Miguel's chicken  
mustard pie

### Sunday

Miguel's slow roasted  
lamb shoulder