



Weekly Meal & Shopping Planner

Monday – Try Meat Free Monday
Tuesday – Batch Cook and Freeze for next week
Wednesday - Have Kids? Get them involved
Thursday - Make extra and bring for lunch tomorrow
Friday - Don't hit the weekend too hard!
Saturday
Sunday
<u>Notes</u>

Shopping List	
Veg	Carrots
	Broccoli
	Potatoes
	Salad and Greens
	Tomatoes
	Peppers
	Squash
	Onion
	Ginger
	Garlic
	Herbs
Fruit	Apples
	Citrus
	Berries
	Bananas
Chiller	Butter
	Milk – dairy, nut and soured
	Cheese
	Yoghurts
	Tofu
Meat	Beef
	Lamb
Fish	Fresh / Tinned
Poultry	
Dry Goods	Beans
	Lentils
	Rice
	Grains
	Nuts / Seeds
	Fruit- sultanas, currants, raisins, dates, prunes, apricots figs
Tins	Tomatoes
	Beans
	Pulses
	Passata
Bake	Bread and Oats
	Flours
	Raising agents
Household	Wash
	Bin
	Wrap
	T-Rolls
	Kitchen Roll
	Cleaning Fluid
	Toothpaste
	Personal Hygiene
Other	



Meal Ideas – All these are in our book Move Train Nourish

Check out www.thisistheway.ie for lots of meal ideas

Fragrant Lamb Curry

Easy seafood Curry

Veggie Coconut Curry

Chickpea & Sweet Potato Casserole

Turkey meatballs in a satay sauce

Fish Tacos and Mango Salsa

Beef meatballs with Peppers and Olive Sauce

Lentil Curry

Beef with Asian Style Greens

Beef with Asian Style Greens

Pantry Staples

Asia Market - stock up on spices, pastes, nuts, pulses and herbs.

Stock or Stock cubes – Fresh stock is great but cubes are so handy, I'm never without.

Fresh herbs – Always loads of fresh herbs, Flat leaf parsley – never curly unless I'm making stuffing (yum by the way), basil, chives, dill, coriander. I grow thyme, tarragon, rosemary and marjoram in the garden which are really easy - even I can't kill them.

Spices – Dried coriander, Cumin, Fennel, Bay leaves, Cloves, Cinnamon, Nigella, Star Anise, Garam Masala, Turmeric, Paprika, Cayenne, All spice, Mace and Nutmeg.

Red and Green chillies or chilies in oil which are really handy.

Fresh Ginger and Fresh Garlic though I also keep the puree in the fridge too.

Anchovies and Capers – delicious in salsa verde, livening up a gravy or even in a herb crust.

Honey – Always in the house for sore throats, making dressings or flapjacks.

Nuts – I always have a selection of nuts for making pestos, crusts for fish, for blending and making a vegetarian based cream sauce or just for snacking. Cashews. Walnuts, Hazel nuts and Almonds are staples.

Pasta and Rice – We use fresh pasta made with eggs and always have brown basmati and wild rice in the house. They work well for us, not for everyone and quantity should be born in mind if you are trying to reduce your weight or have bloating and or lethargy type issues.

Beans and Pulses- I always have cans of beans – butter, cannellini, kidney and chickpeas, lentils – red green and black. Beans and lentils are great for casseroles and burgers and take flavour nicely through addition of stocks, spices and herbs.

Eggs – We eat huge amounts of eggs. They are our desert island fod and an omelette takes no time to rustle up when you are really hungry. I keep frozen chopped mixed peppers in the freezer, they defrost, easily on the pan before you throw in the eggs. A bit of cheese, some fresh herbs and a bit of paprika sprinkled over the top makes a delicious meal.

Canned Tomatoes and Passata – there is always the basis of a ragu if you have these in the press. Soften some onion, add in garlic and a few tins of beans and the tomatoes and simmer for 15 minutes and you have a delicious meal in a hurry.

Olive oils and Vinegars – dressings & finishing a dish.