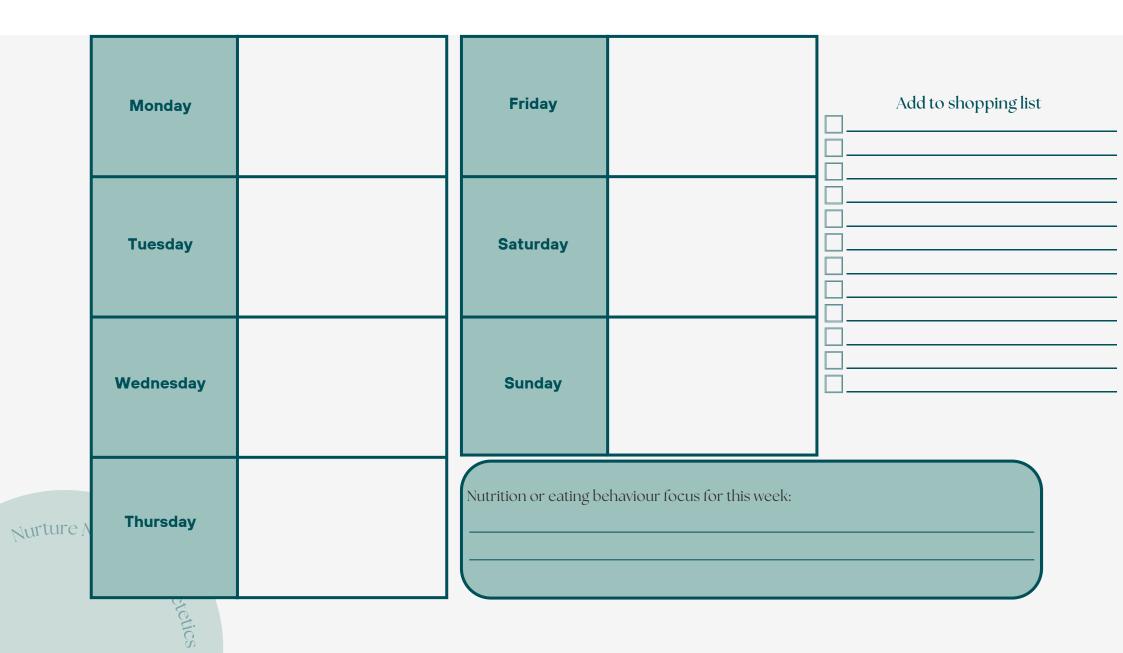
WEEKLY MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nurture	Snack ideas:						
	Dietetics						

WEEKLY DINNER PLANNER



SHOPPING STAPLES

	Fruit & Veg
	Broccoli
	Cauliflower
	Pumpkin
	Potatoes
	Carrots
	Onions
	Celery
	Apples
	Oranges
	Frozen berries
	Tinned tomatoes
	Tinned corn
	Grains/Bread/Cereals
	Multigrain bread
	Wraps
	Pasta
Nurture	riBasmati rice
	Oats
	Barley).
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Dairy/Dairy alternatives
Milk
Yoghurt
Cheddar
Parmesan
Meat/Protein alternatives
Chicken breast
Lean beef mince
Eggs
Tofu
Tinned chickpeas
Ready made falafels
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Nuts/seeds/spices
Almonds
Chia seeds
Pepitas
Paprika
Cumin

Other			
Vegetable stock			
Mayonnaise			
Peanut butter			
Corn chips			
Tim Tams			
Tea bags			
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Bathroom & Cleaning			
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SHOPPING STAPLES

Fruit & Veg	Dairy/Dairy alternatives	Other
<u> </u>		
	Meat/Protein alternatives	
□		Bathroom & Cleaning
Grains/Bread/Cereals		
	Nuts/seeds/spices	
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