



MONDAY

- [Falafels](#)

TUESDAY

- [Hot Smoked Salmon with Soba Noodles](#)

WEDNESDAY

- [Beef with Cannellini Beans](#)

THURSDAY

- [Pork Fillet with Maple Balsamic Glaze](#)

FRIDAY

- [Punjabi Chicken Curry](#)

SWEET TREAT

- [Sour Cream Chocolate Cake](#)

SHOPPING LIST

MEAT

FRUIT & VEGE

DAIRY

PANTRY

FROZEN

OTHER

