

## 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

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## FRUIT & VEGE

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## DAIRY

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## PANTRY

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## FROZEN

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## OTHER

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