

# SHOPPING LIST

## MONDAY

- [Spicy Chicken Stir Fry](#)

## TUESDAY

- [Pork Chops with Gremolata and Polenta](#)

## WEDNESDAY

- [Easy Pasta](#)

## THURSDAY

- [Balsamic Beef Stew with Capsicums](#)

## FRIDAY

- [Tom Rim Prawns](#)

## SWEET TREAT

- [Mary Berry's Chocolate Brownies](#)

### 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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