

SHOPPING LIST

MONDAY

- [One Pan Pork Fillet and Rice](#)

TUESDAY

- [Easy Prawn Fajitas](#)

WEDNESDAY

- [Chicken, Ricotta and Lemon Pie](#)

THURSDAY

- [Beef Rendang](#)

FRIDAY

- [Pumpkin and Ginger Soup](#)

SWEET TREAT

- [Coffee & Poppy Seed Cake](#)

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MEAT

FRUIT & VEGE

DAIRY

PANTRY

FROZEN

OTHER

