

MONDAY

- [Chicken Biryani](#)

TUESDAY

- [Sesame Crusted Pork](#)

WEDNESDAY

- [Salmon en Papillote](#)

THURSDAY

- [Sausages with Lentils and Feta](#)

FRIDAY

- [Prawn Pad Thai](#)

SWEET TREAT

- [Marbled Chocolate Brownies](#)

© [Eating Adelaide](#) 2013

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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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