

**MONDAY**

- [Marcus Wareing's Pork Chops](#)

**TUESDAY**

- [Xinjiang Lamb](#)

**WEDNESDAY**

- [Chilli Con Carne](#)

**THURSDAY**

- [Veal Schnitzel Bake](#)

**FRIDAY**

- [Thai Fish Curry](#)

**SWEET TREAT**

- [Chocolate and Pistachio Brownies](#)

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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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