



MONDAY

- [Fennel and Vegetable Soup](#)

TUESDAY

- [Vietnamese Shaking Beef](#)

WEDNESDAY

- [Chettinad Chicken](#)

THURSDAY

- [Asparagus and Bacon Tart](#)

FRIDAY

- [Crispy Parmesan Pork](#)

SWEET TREAT

- [Banana Cake](#)

SHOPPING LIST

MEAT

PANTRY

FRUIT & VEGE

FROZEN

DAIRY

OTHER

