

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](#)

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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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