

SHOPPING LIST

MONDAY

- [Lemon Chilli Chicken with Couscous Salad](#)

TUESDAY

- [Sausage Casserole](#)

WEDNESDAY

- [Lime & Chilli Steak Fajitas](#)

THURSDAY

- [Jamie Oliver's Spinach and Feta Pie](#)

FRIDAY

- [Mexican Baked Fish](#)

SWEET TREAT

- [Coffee Ice Cream](#)

MEAT

FRUIT & VEGE

DAIRY

PANTRY

FROZEN

OTHER

