

# 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

-----  
-----