A sample week to swap around

# Your seven-day dinner plan

Move the days to fit your week. The shopping list reuses ingredients across the seven dinners.

| Day | Dinner | Make tomorrow easier |
|---|---|---|
| **Monday** | Tomato and lentil pasta | Cool and freeze spare sauce promptly |
| **Tuesday** | Chicken or bean wraps | Use the peppers and yoghurt again later |
| **Wednesday** | Jacket potatoes with beans and cheese | Keep spare fillings refrigerated as directed |
| **Thursday** | Cheesy pea pasta | Use the remaining soft cheese |
| **Friday** | Pitta pizzas with a vegetable side | Use another portion of tomato sauce |
| **Saturday** | Cottage pie or lentil cottage pie | Freeze a separate portion for another week |
| **Sunday** | Eggs on toast with cooked vegetables | Check the fridge before the next shop |

## Check at home, then shop

Write your quantities on the lines.

### Bases

- ☐ Pasta _____
- ☐ Potatoes _____
- ☐ Wraps _____
- ☐ Pitta breads _____
- ☐ A loaf _____

### Vegetables

- ☐ Onions _____
- ☐ Carrots _____
- ☐ Peppers _____
- ☐ Frozen peas _____
- ☐ Broccoli _____

### Protein

- ☐ Tinned lentils _____
- ☐ Baked beans _____
- ☐ Eggs _____
- ☐ Chicken or extra beans _____
- ☐ Mince or more lentils _____

### Fridge

- ☐ Pasteurised soft cheese _____
- ☐ Grated cheese _____
- ☐ Plain yoghurt _____

### Cupboard

- ☐ Passata or chopped tomatoes _____
- ☐ Olive oil _____
- ☐ Garlic _____
- ☐ Dried herbs _____

This list covers dinners. Choose quantities for your household's appetites. Check ingredients for allergies and adapt serving sizes and textures for your child. Use the guide for methods and storage advice.

Make the plan your own

# What's for dinner this week?

Week beginning _____ People to plan for _____

## Your dinners

**Monday**

_____

_____

**Tuesday**

_____

_____

**Wednesday**

_____

_____

**Thursday**

_____

_____

**Friday**

_____

_____

**Saturday**

_____

_____

**Sunday**

_____

_____

## Things to buy

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

## What's already in the cupboard, fridge or freezer?

_____

_____

_____

Check use-by dates and what needs using first. Keep one easy backup dinner in mind for a busy evening.