



Six week Family Meal Plan



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	<i>Shopping list</i>
DAY 1	Spaghetti Bolognese	Lime and Coriander Prawn Noodle Stir Fry	Fajitas	Speedy Steak Stir Fry	Crispy Breaded Pork	Beef Bulgogi	
DAY 2	Hot dog and fries	Chicken Cordon Bleu	Mushroom Risotto	Spaghetti with Meatballs	Mushroom Tagliatelle	Chicken with Parma Ham	
DAY 3	Paella	Creamy Linguine	Chorizo Crusted Chicken with New Potatoes and Green Beans	Cheddar Cheese Risotto	Crispy Duck	Prawn Risotto	
DAY 4	Beef Burgers	Teriyaki Salmon Noodles	Spiralli Pasta Salad	Sausage Mac and Cheese	Pizza	Tagliatelle with Prawn and Herbs	
DAY 5	Chicken Schnitzel	Nasi Goreng	Ultimate Spaghetti Carbonara	Steak Tagliata	Pork and Apple Burger	Easy Roast Chicken	
DAY 6	Tomato and Pork Risotto	Shepherd's Pie	Country Roast Gammon	Sausage stuffed chicken	Pea and Bacon Pasta	Omelette and Fries	
DAY 7	Chicken and Leek bake	Toad in the Hole	Chicken and Mushroom pie	Pollo Alla Cacciatora	Chicken and Bacon Casse-role	Special Fried Rice	