



Meal – Recipe – Shopping List

Meal	Recipe	Ingredients needed	Done
e.g. Fish Cakes on Cous Cous Lunch	400g Cod	<i>(I don't like cod so...)</i> 400g Salmon	
	2 spring onions	1 bunch spring onions	
	Seasonings	Bullions, curry powder, cumin, turmeric	
	2 Potatoes	1.5kg bag of Maris pipers	
	Breadcrumbs	Big Granary Loaf	
	200g cous cous	Wholegrain cous cous	