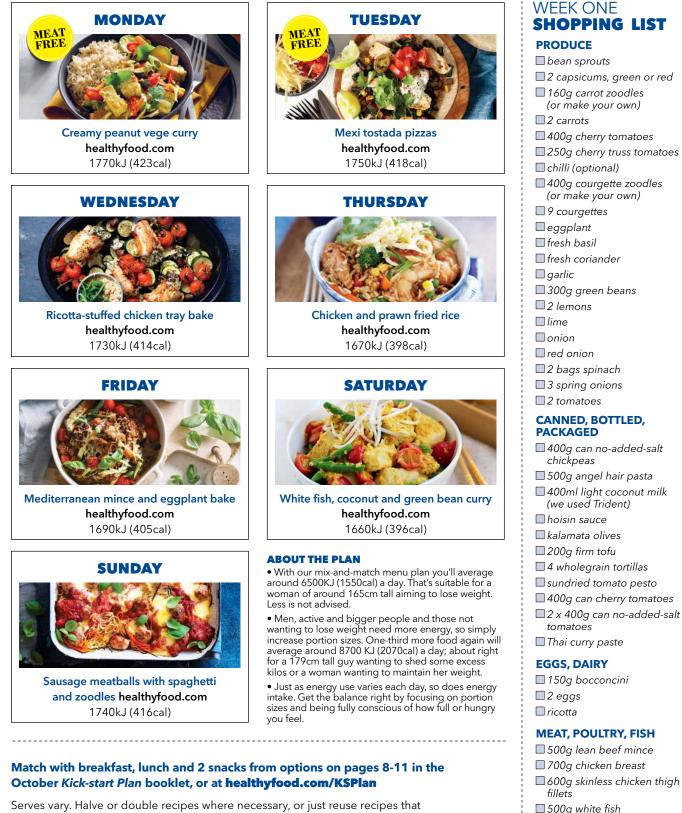
WEEKOWE Meal plan + shopping list



We've compiled shopping lists for your week of dinners for the Kick-start Plan, so you don't have to. Just tick off what you have already in your pantry, click for Pantry and refrigerator staples list, then get shopping.



Serves vary. Halve or double recipes where necessary, or just reuse recipes that suit your needs. Note: Recipes serve four unless specified.

200g peeled raw prawns 6 lean Italian sausages

filo pastry