

	Breakfast	Lunch	Dinner
Monday	XXX	Omelette with onion and red pepper	Feta & Leek Chicken w/mint potatoes
Tuesday	XXX	Feta & Leek Chicken w/mint potatoes	Salad with chicken, feta, and peppers
Wednesday	XXX	Pizza with pepperoni, red onion, and green pepper	Chicken & pasta with a basil cream sauce
Thursday	XXX	Chicken & pasta with a basil cream sauce	Omelette with onion and red pepper
Friday	XXX	Salad with chicken, feta, and peppers	Pizza with pepperoni, red onion, and green pepper

Shopping List

2 pack chicken—£3.78
1 pack pepperoni—£1.00

1 pack lettuce—£1.00
1 pack peppers—£0.95
1 yellow onion—£0.25
1 red onion—£0.025
1 leeks—£0.50
1 pack baby potatoes—£0.89
1 garlic—£0.30
1 pack fresh mint—£0.70
1 pack fresh basil—£0.70

6 pack eggs—£0.89
150ml double cream—£0.70
1 pack mozzarella—£2.00
1 pack feta—£1.35

1 jar pasta sauce (Hearty Food Co.)—£0.39
500g fusilli pasta—£0.56
1 pack pizza bases—£1.70
salad dressing—£0.85

Total—£18.91

Start Up List

250g butter—£1.60
Knorr chicken stock pots—£1.45
salt—£0.35
pepper grinder—£2.00
extra virgin olive oil—£2.50
paprika—£0.85

Total—£8.75

Recipes

Feta & Leek Chicken w/mint potatoes
Chicken & pasta with a basil cream sauce
Salad with chicken
Pepperoni pizza
Omelette