

Five dinners, one plan

Choose recipes you already enjoy. Leave room for busy nights, check what you have and shop for what you need.

Week beginning

Cooking for

Day	Dinner / recipe	Source URL or reference	Serves	Time / prep note

01 Before you shop

- ☐ Check the fridge, freezer and cupboard before adding ingredients.
- ☐ Check portions, quantities and units. Combine only items that really match.
- ☐ Add everyday extras and leave one easy backup meal for a change of plan.

Use first / already have

Buy / quantity

Flexible night / backup meal

After the week: a favourite, a change, or something to repeat