SKINNYMIXERS MEAL PLAN

Meal plan to make the week ahead easier!

Peri Peri Chicken
serve with salad, wedges or spiced rice

Hot Honey Beef Sweet Potato Protein Bowl

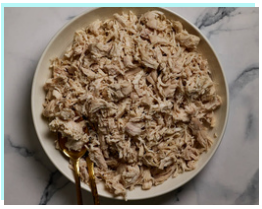
Beef Bourguignon
serve with mash of choice & greens

Laksa Ramen Noodle Stir Fry

Lailah's Pizza Dough
use pizza toppings of choice

Roasted Pumpkin Soup

Mez's White Chocolate& Raspberry Muffins



Tanya's Shredded Chicken

Gherkin Dip

MEAL PLAN - INSPIRATION FROM THE SKINNYMIXERS WEBSITE

dried herbs & spices

bay leaf
chilli powder
cracked black pepper
cumin powder
dried oregano
garlic powder
ground white pepper
nutmeg powder
onion powder
smoked paprika
sweet paprika

pantry staples

apple cider vinegar
bakers flour 600g
brown sugar
caster sugar
Dijon mustard
dried instant yeast
dried ramen noodles 4 cakes
honey
Hot Honey (or homemade)
light soy sauce
olive oil
Pizza sauce (or homemade)
red wine 200g
salt
self-raising flour
sesame oil
soy sauce
sugar
Thai Laksa Paste (or homemade)
tin coconut milk 270g
tomato paste
vanilla paste or extract
white chocolate chips 120g
whole gherkin of choice from a jar (sweet spiced) 150g

make ahead

Stock Concentrate

If homemeade:

- Hot Honey
- Pizza Sauce
- Thai Laksa Paste

dairy & fridge

butter 170g
buttermilk 170g
cheese (for pizza)
cottage cheese 250g
cream 100 g
Philadelphia cream cheese 250g
sour cream 100g

herbs, fruit & vegetables

Avocado slices (to serve)
Baby Spinach or broccolini (to serve)
brown onions
button mushrooms 100g
carrot 100g
celery 100g
fresh coriander or parsley
fresh ginger
fresh lemon & lemon juice
fresh thyme sprigs
frozen raspberries 100g
frozen stir fry veg 500g
garlic cloves
lime wedges (to serve)
parsley (to serve)
pumpkin 800g
small shallots 100g (or red onion)
sweet potatoes 500g
white potato 200g

** pizza toppings of choice

protein & eggs

beef mince 500g
chicken breast 1-1.5 kg
chicken thighs 1-2 kg
eggs 2
gravy beef 700g (or increase to 1-1.5kg for slow cooker/dump bag)
speck or streaky bacon 100g

** pizza toppings of choice

**** note - shopping list excludes sides**