

# slow sheffield meal planner

Day	Meal	Ingredients	Prep needed
Monday		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
Tuesday		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
Wednesday		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
Thursday		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
Friday		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
Saturday		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
Sunday		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

# Slow Sheffield meal planner

- = got
- = need to get (fill circle in when bought)

Day	Meal	Ingredients	Prep needed
Monday	Teriyaki tofu with rice	<ul style="list-style-type: none"> <li>● Tofu</li> <li>● Cornflour</li> <li>● Rice</li> <li>○ Broccoli</li> <li>○ Spring onions</li> <li>○ Carrots</li> <li>● Sesame seeds</li> <li>● Teriyaki sauce</li> </ul>	Pre-make teriyaki sauce
Tuesday	Bean tacos	<ul style="list-style-type: none"> <li>● Pinto beans</li> <li>● Wraps</li> <li>○ Mushrooms</li> <li>○ Yoghurt</li> <li>● Cheese</li> <li>● Avocado</li> <li>● Sriracha</li> </ul>	Soak pinto beans
Wednesday	Chickpea and sweet potato Buddha bowl	<ul style="list-style-type: none"> <li>● Chickpeas</li> <li>● Sweet potato</li> <li>● Brown rice</li> <li>● Paprika</li> <li>○ Spinach</li> <li>○ Broccoli</li> <li>○ Hummus</li> </ul>	Soak and pre-cook chickpeas
Thursday	Veggie lasagna	<ul style="list-style-type: none"> <li>● Brown lentils</li> <li>● Courgettes</li> <li>○ Mushrooms</li> <li>○ Peppers</li> <li>● Veggie stock</li> <li>● Lasagna sheets</li> <li>● Flour ● Seasoning</li> <li>● Milk ● Cheese</li> </ul>	Make whole dish at weekend and freeze
Friday	Veggie fish & chips	<ul style="list-style-type: none"> <li>● Banana blossom</li> <li>● Beer</li> <li>● Flour</li> <li>● Potatoes</li> <li>● Peas</li> <li>○ Lemon</li> <li>● Ketchup</li> </ul>	
Saturday	Paneer curry	<ul style="list-style-type: none"> <li>○ Paneer</li> <li>● Onion and garlic</li> <li>● Sweet potato</li> <li>○ Spinach</li> <li>● Chopped tomato</li> <li>● Tomato puree</li> <li>● Chillies</li> <li>● Seasoning</li> </ul>	
Sunday	Veggie roast	<ul style="list-style-type: none"> <li>● Veggie "chicken"</li> <li>● Potatoes</li> <li>○ Carrots</li> <li>● Cabbage</li> <li>● Veggie gravy</li> </ul>	Make homemade veggie "chicken" slices