



Sunday Setup – WEEK 5

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RECIPES & INGREDIENTS

BREAKFAST – BREAKFAST COOKIES *(original recipe x 2)*

- 6 bananas
- 400g rolled oats
- 200g smooth peanut butter
- 100g runny honey
- 2 tsp ground cinnamon
- 80g chocolate chips *(optional)*

SNACKS – LEMON DRIZZLE CAKE

- 250g unsalted butter *(plus extra for greasing)*
- 250g caster sugar
- 4 eggs
- 250g self-raising flour
- 3 lemons
- 100g icing sugar

SNACKS – CRUSTLESS QUICHE

- 1 tsp olive oil
- 1 onion
- 300g broccoli
- 150g peas
- 8 eggs
- 150g Cheddar cheese
- Sea salt and freshly ground black pepper

LUNCH – PEA & HAM SOUP

- 500g smoked gammon joint
- 2 onions
- 2 garlic cloves
- 1kg frozen peas
- 15g fresh mint
- Sea salt and freshly ground black pepper

DINNER – AIR FRYER CHICKEN BREAST *(original recipe x 2)*

- 1,300g chicken breast *(approx x8)*
- 12 tsp paprika
- 12 tsp dark brown sugar
- 8 tsp garlic granules
- 6 tsp dried oregano
- 2 tsp sea salt
- 1 tsp freshly ground black pepper

MEAL ONE – NAAN BREAD PIZZA

- 4 naan breads
- 250g passata
- 1 tsp garlic granules
- 1 tsp dried oregano
- 200g grated mozzarella
- 1 red onion

MEAL TWO – BURRITO BOWLS

- 500 g microwave rice, 2x 250g pouches
- 1 x 340g tin sweetcorn
- 1 x 400g tin black beans
- 1 avocado
- 200g fresh salsa
- 2 limes

MEAL THREE – CREAM CHEESE PASTA

- 300 g dried pasta
- 1 onion
- 2 garlic cloves
- 3 courgettes
- 200 g petit pois
- 250g cream cheese
- Sea salt and freshly ground black pepper
- 50g Parmesan cheese

JAM JAR SNACK

- Apples
- Peanut butter
- 1 lemon

FRUIT SALAD

- Watermelon

SHOPPING LIST

FRUIT & VEG

- 6 bananas
- Apples *(for jam jar snack, I used Granny Smith)*
- Watermelon
- 4 lemons
- 2 limes
- 1 avocado
- 300g broccoli
- 3 courgettes
- 4 onions
- 1 red onion
- 4 garlic cloves
- 15g fresh mint

MEAT & FISH

- 500g smoked gammon joint
- 1.3kg skinless boneless chicken breasts *(approx x8)*

FRIDGE/FREEZER

- 250g unsalted butter *(plus extra for greasing)*
- 150g Cheddar cheese
- 200g grated mozzarella
- 250g cream cheese
- 50g Parmesan cheese
- 200g fresh salsa
- 1.35kg frozen peas

EVERYTHING ELSE

- 12 eggs
- 1 x 340g tin sweetcorn
- 1 x 400g tin black beans
- 250g passata
- 500g microwave rice, 2x 250g pouches.
- 300g dried pasta *(of your choice)*
- 400g rolled oats
- 200g smooth peanut butter
- Peanut Butter *(for jam jar snack)*
- 80g chocolate chips *(optional for Breakfast Cookies)*
- 4 naan breads

STOPECUPBOARD

- Sea salt
- Freshly ground black pepper
- Olive oil
- Dried oregano
- Garlic granules
- Paprika
- Ground cinnamon
- Runny honey
- Dark brown sugar
- Caster sugar
- Icing sugar
- Self-raising flour

happy cooking, Sarah x
EST  2013

FUSS FREE FAMILY FOOD

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