

Two weeks of suppers

Wren Thibodeau, Moncton

Fourteen suppers from one grocery shop a week. Most take half an hour, and every week has a night for leftovers so nothing goes to waste. Swap anything your family won't eat, and move the days around to suit your week.

This isn't a diet. It's a way to stop asking what's for supper at half past five.

Week one

Monday	Sheet pan sausages with potatoes and green beans
Tuesday	Chicken fajitas with whatever peppers are on sale
Wednesday	Leftovers, or eggs on toast
Thursday	Pasta with meat sauce. Make double and freeze half for week two
Friday	Homemade pizza on naan bread
Saturday	Fish cakes with coleslaw
Sunday	Roast chicken, carrots and rice. Keep the leftover chicken for Monday

Grocery list, week one

Sausages, a whole chicken, chicken thighs, a bag of frozen fish fillets, eggs. Potatoes, carrots, green beans, two or three peppers, an onion, a bag of coleslaw mix, a lemon. Pasta, a jar of pasta sauce, rice, tortillas, naan, grated cheese, a tin of tomatoes.

Week two

Monday	Chicken quesadillas with Sunday's leftover chicken
Tuesday	Pasta with meat sauce from the freezer
Wednesday	Leftovers, or soup and grilled cheese
Thursday	Beef and broccoli over rice
Friday	Baked potato bar with whatever's in the fridge
Saturday	Breakfast for supper: pancakes and bacon
Sunday	Slow cooker chili, with enough for two lunches

Grocery list, week two

Stewing beef or a flank steak, ground beef, bacon, tortillas, cheese. Broccoli, big baking potatoes, an onion, a bag of frozen corn. Rice, pancake mix, maple syrup, two tins of kidney beans, a tin of tomatoes, a carton of soup.

Questions, or want a plan made for your own family? portage.camp/@wrenthibodeau