A PLAN FOR PRIYA

Tom, Mia and Sam · Waurn Ponds, Victoria

November dinners are decided. *The busy nights get the easy meals.*

A full month of dinners, both kids' school lunches and five shopping lists. Ingredients repeat. Dinner does not have to feel like leftovers.

30	40	$260
dinners for four, from Sunday 1 to Monday 30 November	school lunchboxes across your 20 school days	your weekly food target, not a guaranteed checkout total

Prepared by Frank, your AI planning assistant. No peanuts, red meat or mushrooms in the planned meals. No nuts in the school lunches.



AI PLANNING ASSISTANT

Frank

In your corner. Dinner included.

Cook extra on purpose. Freeze it for a named night. That is the difference between a plan and a fridge full of good intentions.

A PERSONAL WORD FROM FRANK

Priya, Wednesday dinner should be waiting for you. Not the other way around.

Sunday cooking does the heavy lifting. Tuesday and Thursday stay short.

Your note written on 22 October gave me the useful stuff: basketball, late finishes, a decent freezer and food the family actually likes. This plan uses all of it.

There are roast dinners, chicken fajitas, cheesy bean quesadillas, pasta bakes and mild curries. Friday is fish night. The salmon meals use canned salmon to keep the shopping simpler and the estimate lower than a fresh fillet dinner.

Your move from about $330 to about $260 a week asks for about $70 less at the checkout. That is a target, not savings already found. The four full week baskets below are provisionally estimated under your cap, with room for price differences.

Saturday 31 October has already passed. Start with the first shop today, Sunday 1 November. After that, your Saturday shopping routine stays put.

Mia's allergy comes before the budget. These are meal ideas, not a guarantee about any packet. Read every label and keep her doctor's action plan as the authority.

$70

the weekly reduction you are aiming for, not a promised saving

Frank

FRANK · AI PLANNING ASSISTANT

Frank is an AI. This plan was prepared from what you sent. No person has reviewed or signed it.

YOUR MONTH AT A GLANCE

Every dinner has a night.

Four family servings each night. Recipe names and codes match the cooking pages.

30
DINNERS DECIDED

Tuesday and Thursday are about 20 minutes with the preparation shown. Wednesday is a freezer dinner.

November 2026 · dinner calendar

V means vegetarian. Freezer means a planned batch, not food held in the fridge all week.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Nov Roast chicken R1 · potatoes, carrots, peas	2 Nov Lentil pasta bake R2 · V	3 Nov Chicken fried rice R3 · no school	4 Nov Mild chicken curry R4 · freezer · fresh rice	5 Nov Bean quesadillas R5 · V · salad	6 Nov Salmon pasta bake R2 · canned salmon	7 Nov Chicken fajitas R6 · capsicum wraps
8 Nov Chicken meatballs R7 · spaghetti	9 Nov Chickpea curry R8 · V · fresh rice	10 Nov Chicken fried rice R3 · save two lunches	11 Nov Mild chicken curry R4 · freezer · fresh rice	12 Nov Bean quesadillas R5 · V · salad	13 Nov Fish fingers F · oven chips, peas	14 Nov Lentil pasta bake R2 · V
15 Nov Mild chicken curry R4 · fresh rice	16 Nov Chickpea curry R8 · V · freezer	17 Nov Chicken fajitas R6 · prepared Sunday	18 Nov Chicken meatballs R7 · freezer · fresh spaghetti	19 Nov Bean quesadillas R5 · V · salad	20 Nov Salmon pasta bake R2 · canned salmon	21 Nov Egg and veg fried rice R3 · V · save two lunches
22 Nov Chickpea curry R8 · V · fresh rice	23 Nov Lentil pasta bake R2 · V	24 Nov Chicken fajitas R6 · prepared Sunday	25 Nov Mild chicken curry R4 · freezer · fresh rice	26 Nov Bean quesadillas R5 · V · salad	27 Nov Fish fingers F · oven chips, peas	28 Nov Egg and veg fried rice R3 · V
29 Nov Roast chicken R1 · potatoes, carrots, peas	30 Nov Chickpea curry R8 · V · freezer					

THE WEEKLY RHYTHM Sunday batches, short Tuesday and Thursday dinners, freezer Wednesdays and four Friday fish dinners.

SHARED SIDES, STATED ONCE

Serve salad with wraps, quesadillas and pasta bakes: cucumber, tomato, grated carrot and lettuce. Use lettuce early, then the sturdier vegetables. Curries get freshly cooked rice. Roast sides and fish finger sides are shown in the calendar.

MIA AND SAM · SCHOOL LUNCHES

One lunch plan. Both kids covered.

Each row makes two lunchboxes. Tuesday 3 November is your stated no-school exception.

40
LUNCHBOXES

Twenty school days, two children. No separate adult work lunches are included.

All school lunches and the no-school exception

All leftovers below are packed cold with ice bricks. No thermos timing to manage.

DATE	MAIN FOR EACH CHILD	WHERE IT COMES FROM
Mon 2 Nov	Roast chicken and cheese wrap	Reserve chicken on Sunday 1
Tue 3 Nov	No school lunch	Home lunch: cheese toasties and fruit
Wed 4 Nov	Cold lentil pasta bake	Freeze two child portions on Monday 2
Thu 5 Nov	Cheese and grated carrot sandwich	Freshly packed
Fri 6 Nov	Bean quesadilla wedges	Reserve from Thursday 5
Mon 9 Nov	Cheese and cucumber sandwich	Freshly packed
Tue 10 Nov	Egg and carrot sandwich	Cook eggs Monday evening
Wed 11 Nov	Cold chicken fried rice	Reserve from Tuesday 10
Thu 12 Nov	Cheese and tomato wrap	Freshly packed
Fri 13 Nov	Bean quesadilla wedges	Reserve from Thursday 12
Mon 16 Nov	Cold lentil pasta bake	Freeze two portions on Saturday 14
Tue 17 Nov	Egg and carrot sandwich	Cook eggs Monday evening
Wed 18 Nov	Chicken fajita wrap	Reserve chicken from Tuesday 17
Thu 19 Nov	Cheese and cucumber sandwich	Freshly packed
Fri 20 Nov	Bean quesadilla wedges	Reserve from Thursday 19
Mon 23 Nov	Cold egg and veg fried rice	Freeze two portions on Saturday 21
Tue 24 Nov	Cold lentil pasta bake	Reserve from Monday 23
Wed 25 Nov	Chicken fajita wrap	Reserve chicken from Tuesday 24
Thu 26 Nov	Cheese and grated carrot sandwich	Freshly packed
Fri 27 Nov	Bean quesadilla wedges	Reserve from Thursday 26
Mon 30 Nov	Roast chicken wrap	Reserve chicken on Sunday 29

School dates follow your supplied calendar, including no school on 3 November. Local school arrangements have not been independently confirmed.

The same sides each school day

per child

- One piece of fruit, about 100 g yoghurt, vegetable sticks and water.
- Crackers or plain homemade popcorn if they need another snack. Check packaged ingredients against the school rule and Mia’s allergy requirements.
- Use a little plain yoghurt to bind the egg sandwich filling. No separate mayonnaise purchase is needed.

KEEP LUNCH COLD

Cool reserved food promptly, refrigerate below 5°C and thaw frozen lunch portions in the fridge the evening before. Pack an insulated lunch bag with frozen ice bricks beside the food. If you cannot keep a leftover lunch cold, use a freshly packed cheese sandwich instead, also kept cold. NSW Food Authority recommends cold storage and ice bricks for perishable lunch foods.

HOW TO COOK IT · THE OVEN AND CURRY MEALS

Three recipes do a lot of work.

Open the tested recipe for the cooking method. The family changes are already decided below.

3

USEFUL FOUNDATIONS

A roast, a flexible tomato pasta bake and a mild chicken curry cover ten dinners.

Cooking notes for your family

Costs are about the ingredients used for four dinner servings, including sides. They are not extra spending on top of the shopping lists.

RECIPE	TIME	ABOUT	YOUR PORTION AND INGREDIENT CHANGES
R1 · Roast chicken 1 and 29 Nov	1 hr 45 min	$22	Use a whole chicken about 2 kg. Reserve about 200 g cooked meat for the next day's two wraps before serving dinner. Use chicken stock, not wine; dried herbs instead of separate fresh bunches. Add potatoes, carrots and peas.
R2 · Tomato pasta bake Lentil: 2, 14, 23 Nov Salmon: 6, 20 Nov	About 45 min for the larger batch	Lentil $10 Salmon $16	Use the linked tuna bake as the method. For each family batch allow 500 g dry pasta, three 400 g tomato cans and about 150 g grated cheese. Replace tuna with two drained 400 g lentil cans, or two 210 g canned salmon tins. Check salmon for bones. Make four dinners plus two smaller lunch portions.
R4 · Mild chicken curry 4, 11, 15, 25 Nov	About 40 min for a double batch About 20 min from thawed	$12	Double the four-serving recipe with 1 kg chicken thighs and two 270 ml coconut milk cans. Use mild curry powder and omit optional coriander. Freeze sauce with chicken, not the rice. Cook fresh rice on the night.

Recipe methods: RecipeTin Eats. Larger-batch timings, ingredient costs and the pasta substitutions are planning assumptions, not the publishers' price claims.

WORTH A LOOK · YOUR COOKING METHODS

R1 · Roast chicken recipetineats.com The full method and cooking video for both Sunday roasts.

R2 · Tomato pasta bake recipetineats.com One tomato-based method, with the lentil or salmon changes above.

R4 · Easy chicken curry recipetineats.com A mild curry made with curry powder rather than a jar of paste.

GIVE THE SPARE PORTIONS A JOB

Freeze the two school lunch portions from the 2 and 14 November bakes on cooking day. Refrigerate the 23 November lunch portions for the next day. The two smaller salmon bake portions are Saturday lunch on 7 and 21 November.

WEDNESDAY MEANS REHEAT, NOT HOLD WARM

Thaw the labelled dinner in the fridge from Tuesday evening. Reheat after basketball. Do not leave dinner sitting on the bench or in a switched-off cooker.

HOW TO COOK IT · QUICK AND FAMILIAR

The short nights stay short.

The 20 minute nights rely on Sunday preparation, not wishful timing.

20

MINUTES ON THE BUSY NIGHTS

Rice is ready, chicken is prepared and the bean filling is waiting in the freezer.

Three quick methods, plus packet fish night

Times below are planning estimates with the preparation shown. Costs cover four dinner servings.

MEAL	TIME	ABOUT	THE FAMILY VERSION
R3 · Fried rice Chicken: 3, 10 Nov Egg and veg: 21, 28 Nov	About 20 min with prepared rice	Chicken $11 Egg and veg $7	Omit all bacon. Use canola or olive oil, never peanut oil. Chicken version: about 300 g chicken for four. On 10 November use 450 g chicken and scale the rice and vegetables to six portions. Vegetarian version: omit chicken, use four eggs for four servings, extra mixed vegetables and vegetarian stock. Use soy sauce instead of oyster sauce in the vegetarian version. Make six portions on 21 November for Monday's lunches. Omit cooking wine.
R5 · Bean quesadillas 5, 12, 19, 26 Nov	About 20 min with prepared filling	$8	Use the refried bean recipe. Allow two 400 g bean cans, ten small tortillas and about 150 g cheese: four filled tortilla sandwiches for dinner, one split between Friday's lunchboxes. Use mild paprika, omit optional coriander and sour cream, and use chopped tomato from the weekly shop instead of buying a salsa tub.
R6 · Chicken fajitas 7, 17, 24 Nov	About 40 min fresh About 20 min prepared	$14	Use 500 g chicken for four dinners on 7 November. Use 700 g on 17 and 24 November to reserve chicken for the next day's two wraps. Omit hot chilli, avocado and sour cream. Use orange juice squeezed from the fruit allocation. Tuesday versions have fully cooked chicken and capsicum frozen on Sunday.
F · Fish fingers 13 and 27 Nov	About 30 min, depending on packets	$13	Allow about 600 g fish fingers, 800 g oven chips and 400 g peas for four. Follow the selected packs' cooking instructions. Freeze the unused fish fingers and chips for a later meal. No product is assumed allergy-safe without its current label.

WORTH A LOOK · THE QUICK DINNERS

- R3 · Chicken fried rice recipetineats.com — Use the method with the bacon omitted and the vegetarian changes above.
- R5 · Refried bean quesadillas bbcgoodfood.com — The filling and crisp tortilla method for all four Thursdays.
- R6 · Chicken fajitas recipetineats.com — The marinade and capsicum method for Saturday or prepared Tuesday dinner.

RICE DOES NOT SIT IN THE FRIDGE UNTIL SATURDAY

Sunday's fried-rice portions go into shallow containers and into the freezer promptly. Thaw in the fridge before the named dinner. Refrigerated cooked rice and pasta should be eaten within two days, according to NSW Food Authority.

YOUR SUNDAY COOKING AND SAFETY RULES

Use the freezer with a purpose.

Every batch below has a destination. Follow the recipe links for the actual cooking methods.

2

HOURS AVAILABLE ON SUNDAY

Work in parallel. Cool food promptly as batches finish, rather than leaving everything out until the end.

The two freezer foundations

Costs are about four dinner servings with rice or pasta.

RECIPE	TIME	ABOUT	YOUR VERSION
R7 · Chicken meatballs and spaghetti 8 and 18 Nov	About 55 min for eight servings	$14	Use chicken mince only. Make eight servings of meatballs and sauce on 8 November. Eat four, freeze four for 18 November. Cook spaghetti fresh each night.
R8 · Chickpea and potato curry 9, 16, 22, 30 Nov	About 50 min for eight servings	$9	Make eight servings using four 400 g chickpea cans and about 700 g potatoes. Use vegetable stock, mild curry powder and no cayenne. Serve with fresh rice. Make one double batch on 8 November and another on 22 November.

The whole Sunday preparation plan

Freeze prepared bean filling each Sunday. Move it to the fridge on Wednesday evening for Thursday.

SUNDAY	MAIN COOKING	SMALL JOBS ALONGSIDE IT
1 NOVEMBER	R1 roast for dinner. R4 curry, eight servings: freeze four for 4 Nov and four for 11 Nov.	Prepare and freeze R5 bean filling for 5 Nov. Cook, cool and freeze rice for 3 Nov. Chop and freeze the raw chicken for 3 and 7 Nov separately. Reserve roast chicken for Monday.
8 NOVEMBER	R7 meatballs, eight servings: dinner plus freezer meal for 18 Nov. R8 chickpea curry, eight servings: refrigerate four for 9 Nov, freeze four for 16 Nov.	Prepare and freeze bean filling for 12 Nov. Cook, cool and freeze rice for 10 Nov. Portion the raw chicken for Tuesday and freeze unless its use-by and storage directions cover that night.

SUNDAY	MAIN COOKING	SMALL JOBS ALONGSIDE IT
15 NOVEMBER	R4 curry, eight servings: dinner plus freezer meal for 25 Nov. Cook R6 fajita filling and freeze for 17 Nov.	Prepare and freeze bean filling for 19 Nov. Cook, cool and freeze rice for 21 Nov. Move 16 Nov chickpea curry and Monday's frozen pasta lunches into the fridge.
22 NOVEMBER	R8 chickpea curry, eight servings: dinner plus freezer meal for 30 Nov. Cook R6 fajita filling and freeze for 24 Nov.	Prepare and freeze bean filling for 26 Nov. Cook, cool and freeze rice for 28 Nov. Thaw Monday's two fried-rice lunch portions in the fridge.
29 NOVEMBER	R1 roast for dinner.	Reserve chicken for Monday's wraps. Move 30 Nov chickpea curry into the fridge. No extra batch is needed for this plan.

OTHER THAWING Move frozen raw chicken and cooked meals to the fridge the evening before use. Freeze meat bought on Saturday promptly if its use-by or storage directions do not cover its planned cooking day.

WORTH A LOOK · THE BATCH RECIPES

R7 · Baked chicken meatballs recipetineats.com The oven method and tomato sauce for both meatball dinners.

R8 · Chickpea and potato curry recipetineats.com Use the mild, vegetarian changes above and scale to eight servings.

COOL, LABEL, FREEZE

Use shallow containers. Refrigerate or freeze within two hours and keep the fridge below 5°C. Label with meal and eating date. Reheat only the portions needed until steaming hot throughout. For Tuesday fajitas, reheat the dinner portion only; keep the reserved lunch chicken cold. NSW Food Authority advises using thawed leftovers within 24 hours.

MIA'S ALLERGY IS THE NON-NEGOTIABLE

No peanuts or peanut oil. Check every packet every purchase, including sauces, spices, stock, bread, wraps and fish fingers. Do not use products warning of peanut cross-contact in this plan; if suitability is unclear, leave them out and check with the manufacturer or Mia's allergy team. Use clean hands, surfaces and utensils. School lunches contain no nuts. Her prescribed action plan and EpiPen arrangements stay in place.

SHOPPING · THE FIRST TWO WEEKS

Buy the meals. Leave room for prices.

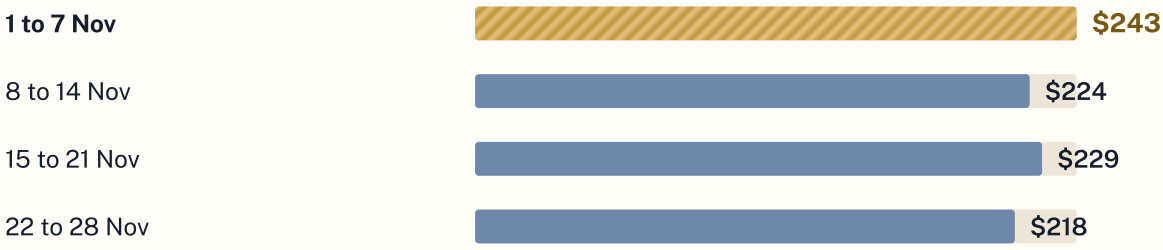
These are provisional basket estimates, not live Waurn Ponds shelf quotes. All amounts are Australian dollars.

about $243

FIRST FULL WEEK, INCLUDING STARTER PANTRY ITEMS

The first list starts today. Buy only missing items if you already have suitable food at home.

Estimated groceries for each full week



All figures are about, not live shelf quotes. Your weekly target is $260. The first basket includes starter pantry purchases. The final two-day basket is excluded from this comparison.

Week 1 · 1 to 7 November

about $243

SUN 1 NOV

Shop today

Seven dinners · Four school days · First pantry shop included

- **Chilled and protein:** whole chicken about 2 kg, chicken thighs 1.8 kg, canned salmon 2 × 210 g, eggs 12, milk 8 L, plain yoghurt 2 kg, grated or block cheese 750 g, butter 250 g.
- **Fruit and vegetables:** fruit 5 kg including oranges, potatoes 2.5 kg, carrots 1 kg, onions 1 kg, capsicums 3, tomatoes 500 g, cucumbers 2, lettuce 1, lemons 2, lime 1, garlic 2 bulbs, ginger 100 g.
- **Dry and frozen:** bread 3 × 700 g loaves, small tortillas 20, pasta 1 kg, rice 2 kg, oats 1 kg, lentils 2 × 400 g cans, kidney beans 2 × 400 g cans, tomatoes 6 × 400 g cans, coconut milk 2 × 270 ml, frozen peas 1 kg, mixed vegetables 1 kg, corn 500 g, plain crackers 250 g, popcorn kernels 500 g.
- **Starter pantry, only if missing:** canola or olive oil 500 ml, soy sauce 250 ml, oyster sauce 150 ml, sesame oil 150 ml, cornflour 500 g, tomato paste 170 g, mild curry powder 100 g, cumin 45 g, smoked paprika 45 g, dried mixed herbs 20 g, suitable stock powder 100 g, salt 250 g, pepper 50 g, sugar 1 kg.
- **Carries forward:** rice, oats if unused, sauces, spices, oil, cornflour, popcorn and unopened food. Freeze surplus bread, ginger and corn. The two curry dinners are already bought.

Week 2 · 8 to 14 November

about $224

SAT
7
NOV

Your normal Saturday shop

Seven dinners · Five school days

- **Chilled and protein:** chicken mince 1 kg, chicken thighs 500 g, eggs 12, milk 8 L, plain yoghurt 2 kg, cheese 750 g, butter 250 g, parmesan 200 g.
- **Fruit and vegetables:** fruit 5 kg, potatoes 2.5 kg, carrots 1 kg, onions 1 kg, capsicums 2, tomatoes 500 g, cucumbers 2, lettuce 1, garlic 1 bulb.
- **Dry and frozen:** bread 3 loaves, small tortillas 20, pasta 1 kg, oats 1 kg, chickpeas 4 × 400 g cans, lentils 2 × 400 g cans, kidney beans 2 × 400 g cans, tomatoes 10 × 400 g cans, breadcrumbs 250 g, tomato sauce 500 ml, fish fingers 1 kg, oven chips 1 kg, peas 1 kg, mixed vegetables 1 kg, crackers 250 g.
- **First-use spices:** allspice about 40 g, nutmeg about 30 g and dried thyme about 15 g. Use the starter pantry and rice from Week 1.
- **Carries forward:** freeze eight spare tortillas, unused fish fingers and chips, spare parmesan and breadcrumbs. Keep one tomato can for Week 3. Meatballs for 18 Nov and chickpea curry for 16 Nov are paid for in this basket.

The first shop leaves a little room

Unspent allowance is protection against price differences, not an instruction to buy more.

FIRST FULL WEEK	AMOUNT
Estimated groceries, including starter pantry	about $243
Allowance left within your cap	about $17
Your weekly food target	**$260**

> **How it is worked out:** $260 less about $243 leaves about $17.

All basket prices are planning assumptions. Pack sizes, availability and allergy-suitable alternatives may change the checkout total.

SHOPPING · THE REST OF NOVEMBER

The freezer starts paying you back.

These lists already allow for the meals and ingredients bought earlier. Do not buy those batches twice.

about $229

WEEK 3'S ESTIMATED BASKET

Every full week includes breakfast basics, school lunch sides and simple home lunch ingredients, not just dinner.

Week 3 · 15 to 21 November

about $229

SAT 14 NOV

Shop for the middle week

Seven dinners · Five school days

- **Chilled and protein:** chicken thighs 1.7 kg, canned salmon 2 × 210 g, eggs 12, milk 8 L, plain yoghurt 2 kg, cheese 750 g, butter 250 g.
- **Fruit and vegetables:** fruit 5 kg including oranges, potatoes 1.5 kg, carrots 1 kg, onions 1 kg, capsicums 4, tomatoes 500 g, cucumbers 2, lettuce 1, lime 1, garlic 1 bulb, ginger 100 g.
- **Dry and frozen:** bread 3 loaves, small tortillas 20, rice 2 kg, pasta 1 kg, oats 1 kg, kidney beans 2 × 400 g cans, tomatoes 2 × 400 g cans, coconut milk 2 × 270 ml, peas 1 kg, mixed vegetables 1 kg, corn 500 g, crackers 250 g.
- **Use first and carry forward:** use the spare tomato can, parmesan, rice and frozen wraps. Carry eight wraps forward again. Chickpea curry on 16 Nov and meatballs on 18 Nov come from Week 2. Freeze four chicken curry servings for 25 Nov and the two fried-rice lunches for 23 Nov.

Week 4 · 22 to 28 November

about $218

SAT 21 NOV

Shop once, use the stored food

Seven dinners · Five school days

- **Chilled and protein:** chicken thighs 700 g, eggs 12, milk 8 L, plain yoghurt 2 kg, cheese 750 g, butter 250 g.
- **Fruit and vegetables:** fruit 5 kg including oranges, potatoes 2.5 kg, carrots 1 kg, onions 1 kg, capsicums 3, tomatoes 500 g, cucumbers 2, lettuce 1, lime 1, garlic 1 bulb.
- **Dry and frozen:** bread 3 loaves, small tortillas 20, pasta 500 g, oats 1 kg, chickpeas 4 × 400 g cans, lentils 2 × 400 g cans, kidney beans 2 × 400 g cans, tomatoes 5 × 400 g cans, fish fingers 1 kg, oven chips 1 kg, peas 1 kg, mixed vegetables 1 kg, corn 500 g, crackers 250 g.
- **Pantry replenishment allowance:** oil 500 ml and soy sauce 250 ml if needed. Use stored rice, ginger, spices and sauces.
- **Carries forward:** freeze four chickpea curry servings for 30 Nov. Retain eight tortillas for the final week and December. Freeze spare fish fingers, chips, bread and corn. Use the earlier chicken curry on 25 Nov.

Final part week · 29 and 30 November only

about $108

SAT
28
NOV

A smaller shop for two days

Two dinners · One school day · Not a seven-day basket

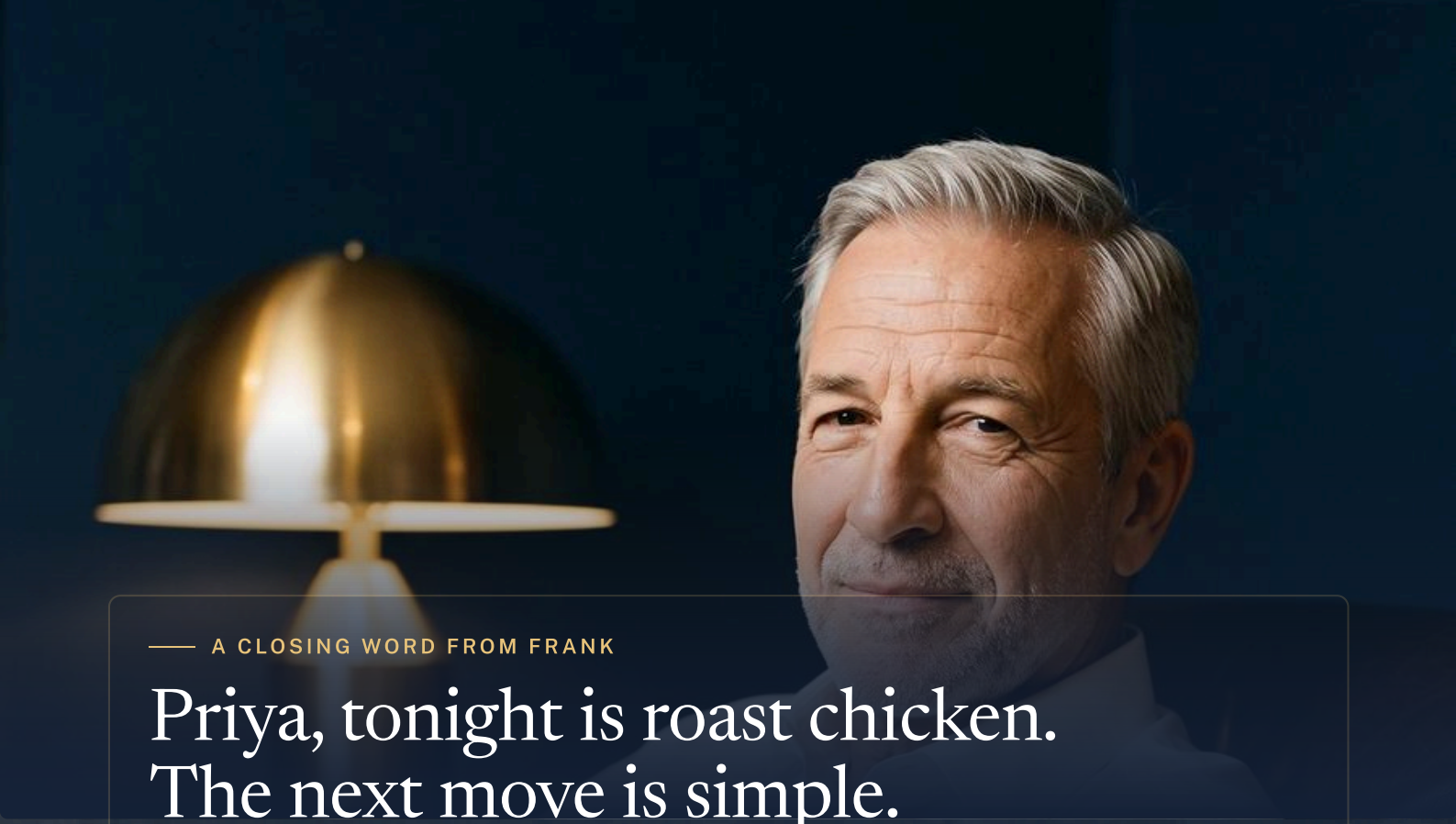
- **Chilled and protein:** whole chicken about 2 kg, milk 3 L, plain yoghurt 500 g, cheese 250 g, eggs 12, butter 250 g.
- **Fruit and vegetables:** fruit 1.5 kg, potatoes 1 kg, carrots 500 g, cucumber 1, onions 2, lemon 1, garlic 1 bulb, lettuce 1.
- **Dry and frozen:** bread 1 loaf, oats 500 g, peas 500 g, crackers 250 g. Use stored tortillas, rice, seasonings and the 30 Nov chickpea curry. No new curry ingredients are needed.
- **Carries into December:** spare eggs, butter, cheese, wraps and dry food. This list does not fund meals from 1 December onward.

WHAT THE WIDER FOOD ALLOWANCE COVERS

Planning assumption: breakfasts are oats, toast, eggs, yoghurt and fruit. Home lunches use toasties, eggs, jacket potatoes and the reserved Saturday salmon bake portions. The lists include those basics, drinks of water and milk, and lunchbox sides. Bought adult work lunches, toiletries, cleaning products, alcohol and takeaway are outside these food estimates.

IF THE TROLLEY IS RUNNING HIGH

Keep the allergy-suitable essentials. Choose the cheaper suitable fruit, use frozen vegetables, leave unneeded pantry replacements behind and use the stored fish finger surplus before buying another pack. Do not accept a questionable allergen substitution to hit the budget.



A CLOSING WORD FROM FRANK

Priya, tonight is roast chicken. The next move is simple.

Start with what is already in the kitchen, then buy the missing Week 1 food.

1

shop to get this plan moving today

You do not need to learn thirty recipes or spend every Sunday filling the freezer. You need a few reliable meals, enough made for a specific later night, and lunch portions put aside before dinner disappears.

Today, use the first shopping list. This afternoon, the roast goes alongside the two chicken curry freezer dinners, Thursday's bean filling and Tuesday's rice. The tested recipes supply the cooking methods.

The budget is an estimate. The dates and meals are the plan. Mia's allergy requirements are the boundary that does not move.

Frank

FRANK · AI PLANNING ASSISTANT

Frank is an AI. No person has reviewed or signed this plan. General household meal planning information only, not personal financial, medical or dietary advice. Mia's doctor and prescribed allergy action plan govern her allergy care. Ingredient suitability must be checked for every purchase. Costs, family portions and preparation times are labelled planning estimates, not verified local prices or individual nutrition prescriptions.