A dinner week for two

A filled example: five vegetarian dinners for two, with two evenings left open.

HOUSEHOLD: 2 PEOPLE **BLANK DATES - START ANY WEEK**

DAY	DINNER / PORTIONS / NOTES
Monday	Lemon chickpea bowls 2 servings - see the recipe for cooking steps
Tuesday	Black bean tacos 2 servings - see the recipe for cooking steps
Wednesday	Tomato spinach pasta 2 servings - see the recipe for cooking steps
Thursday	Edamame & nori sesame udon 2 servings - see the recipe for cooking steps
Friday	Broccoli & white bean bowls 2 servings - see the recipe for cooking steps
Saturday	Your choice / night off No ingredients included for this evening
Sunday	Your choice / night off No ingredients included for this evening

MAKE IT YOUR OWN

Move dinners to suit your week. The shopping page combines ingredients for these five dinners at two servings each; no extras are assumed for the open evenings.

One combined shopping list

Ingredients for the example menu, at two servings per dinner. Check your pantry and actual pack sizes.

Canned black beans, drained	240 g
Canned chickpeas, drained	240 g
Canned chopped tomatoes	300 g
Canned white beans, drained	240 g
Frozen shelled edamame	250 g
Dry wheat udon noodles	160 g
Small wheat tortillas	4 piece
Wheat couscous, dry	140 g
Wheat pasta, dry	160 g
White rice, dry	140 g
Fine salt, to taste	3.75 g
Ground black pepper	0.13 tsp
Ground cumin	1 tsp
Olive oil	60 ml
Plain nori sheets	2.5 g
Rice vinegar	15 ml
Soy sauce (contains wheat)	15 ml
Tahini	30 g
Baby spinach	120 g
Bell peppers	2 piece
Broccoli florets	200 g
Garlic cloves	1 piece
Lemon	1 piece
Lime	0.5 piece
Spring onions	25 g

Quantities reflect listed ingredient forms, including drained weights. Salt is a taste-adjusted allowance. Follow recipe instructions and product labels; this list is not a cooking method.