



Weekly Meal Planner

| | Breakfast | Lunch | Dinner | Snacks |
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What can you make today and use the leftovers of tomorrow?

Take a look in our fresh aisles for those all important 5 a day

Why not try going meat-free this midweek?

Give a "Fakeaway" a go and get into the weekend spirit

Grocery List

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Missing an ingredient? Don't forget Co-op delivers!

And don't forget your bags for life!