

Autumn Meal Planner

5 FAMILY DINNERS
for under **\$100**

Week 1 Menu

Monday	Salmon kedgeree
Tuesday	Lamb roti rolls
Wednesday	Easy chicken curry
Thursday	Cheesy quesadillas with broccoli salad
Friday	Friday night black bean burgers 'n chips

Week 1 Shopping List

Produce

- 3 Onions
- 1 Celery
- 6 Carrots
- 2 Broccoli
- 1 Parsley
- 1 Cucumber
- 120g Seasonal salad leaves
- 1 Red onion
- 800g Kūmara
- 1 Iceberg lettuce

Butchery

- 100g Salmon fillet
- 400g Lamb mince
- 400g Skinless chicken breast

Chilled

- 500g Sour cream
- 250g Cheese

Grocery

- 6 Eggs
- 1kg Basmati rice
- 400g Canned chopped tomatoes
- 5 Pack roti
- 2x 400g Canned lentils
- 8 Pack wholemeal wrap
- 400ml Light coconut milk
- 2x 410g Canned black beans
- 450g Canned sliced beetroot

Frozen

- 750g Peas

Pantry Staples*

- Garlic – fresh bulbs or crushed
- Curry powder
- Salt
- Pepper
- Oil, for frying
- Cumin, ground
- Garam masala
- Flour, plain
- Smoked paprika

Introduction

The recipes in this meal planner are designed for autumn as they use seasonal produce, but can be made at any time of the year with seasonal substitutions.

The meals are designed to be zero food waste. All the shopping list ingredients you buy should be used by the end of the week. For some meals you may have leftovers and the recipe will tell you whether they're suitable for freezing or are best eaten the next day.

The shopping list tells you the ingredients to buy for the week. The pantry staples list has other ingredients you will need but are likely to have in your fridge or pantry already. Before going shopping check you have the staple ingredients and check your fridge, freezer and pantry as you may already have some of the ingredients on the list.

If there is an ingredient you or your family doesn't like, swap it with one you'll all enjoy and avoid waste.

These meals are budgeted to cost under \$100 (not including the staple items), and any substitutions or alterations may affect the overall cost.

Weekly tips

- We recommend cooking the kedgeree first as this meal uses fresh salmon, otherwise you can cook the meals in any order you like.
- Lettuce is for the Friday meal. To keep it fresh, wrap in a paper towel and store in a resealable plastic bag. If leaves get limp, soak in cold water up to 20 minutes in the fridge to revive.
- Seasonal salad leaves are shared between two meals. Store fresh leaves in an airtight container or resealable plastic bag with a paper towel.
- You will have extra basmati rice this week, store it in an airtight container and use in other dishes.
- Broccoli stalks can be eaten and are loaded with nutrients.
- Adapt ingredients and portions to suit your family's needs.



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NEW ZEALAND

* These items are usually found in your pantry and not included in the budget.