

Autumn Meal Planner

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

Week 2 Menu

Monday	Hearty minestrone
Tuesday	Beef schnitzel with pear and walnut salad
Wednesday	One pot creamy tuna pasta
Thursday	Mexican-inspired baked eggs
Friday	Friday night crispy chicken with smoky roast veges

Week 2 shopping list

Produce

- 2 Onions
- 11 Carrots
- 5 Potatoes
- 1 Pumpkin
- 120g Seasonal salad leaves
- 2 Pears
- 2 Red onions
- 2 Broccoli

Butchery

- 500g Beef schnitzel
- 500g Skinless chicken thighs

Chilled

- 125g Sour cream
- 250g Cheese

Grocery

- 1 litre Reduced salt chicken stock
- 3x 400g Canned chopped tomato
- 500g Pasta
- 2x 400g Canned cannellini beans
- 400g Canned black beans
- 6 Eggs
- 220g Panko breadcrumbs
- 425g Canned tuna
- 8 Pack wholemeal pita bread
- 70g Walnuts (optional)

Frozen

- 500g Chopped leaf spinach
- 750g Peas

Pantry Staples*

- Oil, for frying
- Garlic – fresh bulbs or crushed
- Dried mixed herbs
- Flour, plain
- Salt
- Pepper
- Paprika – sweet or smoked
- Your favourite salad dressing

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

- Fresh seasonal salad leaves are used in the beef schnitzel meal, so we recommend cooking this earlier in the week. Other than that, this week's recipes can be cooked in any order.
- Wholemeal pita bread is an optional shared ingredient. You can choose to have half with the beef schnitzel or all of it with the Mexican-inspired baked eggs.
- Broccoli stalks can be eaten and are loaded with nutrients.
- A whole pumpkin is used across the recipes. If you find it difficult to cut raw pumpkin, try roasting it whole in the oven to soften before cutting.
- Storing fresh salad leaves in an airtight container can keep them fresher for longer, or put your them in a resealable plastic bag with a paper towel to help extend their life.



LOVE FOOD
hate waste
NEW ZEALAND

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