

# Autumn Meal Planner

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

## Week 3 Menu

<b>Monday</b>	Salmon wraps with crunchy slaw
<b>Tuesday</b>	Teriyaki tofu
<b>Wednesday</b>	Chicken casserole with smashed potatoes
<b>Thursday</b>	Nom nom nachos
<b>Friday</b>	Friday night satay chicken skewers

## Week 3 shopping list

### Produce

- 1 Cucumber
- 11 Carrots
- 1 Red onion
- ½ Cabbage
- 2 Lettuce
- 2 Onions
- 800g Mushrooms
- 2 Broccoli
- 1 Parsley
- 800g Agria Potato
- 800g Kūmara

### Butchery

- 1kg skinless chicken breast

### Chilled

- 250g Sour cream
- 250g Cheese
- 450g Tofu

### Grocery

- 8 Pack wholemeal wrap
- 415g Canned salmon,
- 1kg Brown rice
- 2x 400g Canned chopped tomatoes
- 2x 410g Canned corn kernels
- 410g Canned black beans
- 400g Canned lentils
- 400ml Light coconut milk

## Pantry Staples\*

- Garlic – fresh bulbs or crushed
- Salt
- Pepper
- Oil, for frying
- Soy sauce or other soy sauce alternatives
- Sugar – white or brown
- Cornflour
- Paprika – sweet or smoked
- Butter (optional)
- Milk (optional)
- Peanut butter, no added salt
- Sweet chilli sauce
- Skewers – wooden or metal (optional)
- Ground cumin (optional)

## 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

- This week's meals can be cooked in any order.
- Red onion is a shared ingredient - store the cut onion in an airtight container in the fridge.
- Broccoli stalks can be eaten and are loaded with nutrients.
- Brown rice is a shared ingredient. You can buy only 500g of brown rice and use 250g in each meal to avoid leftover uncooked rice.
- To keep lettuce fresh wrap it in a paper towel and place it in a resealable plastic bag. If the leaves become limp, revive them by soaking in cold water for up to 20 minutes in the fridge.
- If you have a slow cooker, the chicken casserole can be prepared ahead, and cook the smashed potatoes just before serving dinner.
- Adapt the ingredients and portions to suit the needs of your family.



**LOVE FOOD**  
hate waste  
NEW ZEALAND

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