

Autumn Meal Planner

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

Week 4 Menu

Monday	Crumbed fish with roasted vege salad
Tuesday	Chicken and mushroom noodle soup
Wednesday	Ham and egg pie
Thursday	Spanish-style meatballs
Friday	Friday night stir fried tofu noodles

Week 4 shopping list

Produce

- ½ Pumpkin
- 12 Carrots
- 4 Onions
- 4 Broccoli
- 120g Baby spinach
- 1 Celery
- 200g Bean sprouts
- 800g Kūmara
- 500g White button mushrooms
- 800g Potatoes

Butchery

- 500g Chicken breast, skinless
- 500g Beef mince

Chilled

- 150g Shaved leg ham
- 450g Firm tofu

Grocery

- 2x 280g Egg noodles
- 1 litre Reduced salt chicken stock
- 12 Pack eggs
- 400g Canned chopped tomatoes

Frozen

- 500g Crumbed fish fillets
- 350g Ready rolled flaky puff pastry

Pantry Staples*

- Oil, for frying
- Garlic – fresh bulbs or crushed
- Ginger – fresh or crushed
- Soy sauce or other soy sauce alternative
- Salt
- Pepper
- Paprika – sweet or smoked
- Cumin, ground
- Cornflour
- Your favourite sauce, chutney, preserve, or pickle

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 crumbed fish meal before the ham and egg pie as the roasted veges are in the pie. Other than that, you can cook the meals in any order you like.
- Bean sprouts is a shared ingredient this week - to keep them fresh and crisp, rinse them and transfer into a container, fill with cold water, cover with a lid, and keep in the fridge. Change this water every 1 to 2 days.
- Egg noodles are used in two meals this week, if preferred use rice noodles and spaghetti will also work well.
- Broccoli stalks can be eaten and are loaded with nutrients.
- Adapt the ingredients and portions to suit the needs of your family.



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NEW ZEALAND

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