

Spring Meal Planner



Week 3 Menu

- Monday** Sung choi bao
Tuesday Red lentil falafel wrap
Wednesday Adobo with zesty tumeric rice
Thursday Mince and basil spaghetti
Friday Spinach biryani with coconut lentil curry

Week 3 Shopping List

Produce

- 2 beetroot
- 250g fresh round green beans
- 5 onions
- 1 bag green curly kale
- 3 lemons
- 1 lettuce, whole
- 15g fresh cut basil
- 5 carrots
- 1 chilli, fresh (optional)

Butchery

- 1kg mince
- 1.5-2kgs chicken drumsticks or thighs

Chilled & Frozen

- 150g-200g hummus or tzatziki
- 300g chopped leaf spinach, frozen

Grocery

- 6 pack wraps
- 1x 400ml can coconut cream
- 1x 400g can chopped tomatoes
- 500g split red lentils
- 1 bag dried shitake (shiitake) mushrooms, sliced (40g)
- 500g basmati rice (if available or 1kg, will have extra rice)
- 500g spaghetti
- 227g hoisin sauce

Pantry Staples*

- Salt
- Pepper
- Oil, for frying
- Olive oil
- Fish sauce
- Soy sauce
- Garlic, cloves or crushed
- Ginger, fresh or crushed
- Turmeric powder
- Cumin powder
- Coriander powder
- Curry powder
- Garam masala
- Bay leaf
- Cardamom pods (optional)
- Star anise (optional)
- Chilli flakes (optional)
- Flour, plain
- Baking powder
- Vinegar (white, apple cider or coconut)
- Sugar, brown

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

About

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

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

The shopping list tells you the main ingredients you will need to buy for that week. The staples for the week lists other ingredients that you will need to make your meals, but you are likely to have these in your fridge or pantry already. Before going shopping, check that you do have the staple ingredients just in case you don't have something.

Some ingredients will be used across more than one meal in a week. These ingredients are all marked with an asterisk (*) so you know not to use all of the ingredient in one meal.

Tips

These meals are designed to cost under \$100 (not including the staple items). Here are some tips to help you keep cost down:

- Buying supermarket branded products such as the Pams range is a great way to save you money.
- Buying in bulk can be a great way to reduce costs overall while it might be more expensive upfront. We recommend only buying in bulk if you will use all of the produce.
- Stock up on specials, particularly on meat as some can be expensive. If you have room in your freezer and you see meat on special that you will be needing to make one of the recipes in the meal plan, buy it during your shop.
- Make substitutions if you or someone in your household doesn't like a key ingredient in the recipe – switch it with something else and avoid waste. Or if one type of meat is on special, substitute the one in your recipe with it.
- Always check your fridge, freezer and pantry before you go shopping as you may already have some of the ingredients that are on the shopping list.

