

Summer Meal Planner

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

Week 1 Menu

Monday	Spiced chicken couscous
Tuesday	Summer fritters
Wednesday	Black pepper beef
Thursday	Poké bowl
Friday	Friday night souvlaki

Week 1 Shopping List

Produce

- 2 Onions
- 5 Capsicums
- 4 Carrots
- 2 Courgettes
- 5 Corn cobs
- 1 Red onion
- 3 Avocados
- 2 Lemons
- 250g Mushrooms
- 250g Mung bean sprouts
- 2 Beetroot
- 1 Cucumber
- 120g Salad leaves
- 3 Tomatoes

Grocery

- 500g Couscous
- 1kg Medium grain rice
- 8 pack Pita bread

Butchery

- 1kg Skinless chicken breast
- 500g Beef, stir fry or rump steak

Chilled

- 250g Tzatziki or hummus

Frozen

- 500g Shelled edamame beans

Pantry Staples*

- Oil, for frying
- Paprika – sweet or smoked
- Salt
- Pepper
- Flour
- Baking powder
- Cornflour
- 3 Eggs
- Garlic – fresh bulb or crushed
- Soy sauce, coconut aminos / other alternative
- Sugar or honey
- Vinegar – apple cider
- Sweet chilli sauce
- Ground cumin
- Ground coriander
- Dried mixed herbs
- Sesame oil (optional)
- Bamboo or metal skewers (optional)
- Fresh parsley or mint (optional)

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

Introduction

The recipes in this meal planner are designed for summer 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

- Cook the poké and souvlaki in order, so the seasonal salad leaves are used up over the two days. Other than that, you can cook the meals in any order you like.
- To stop your salad leaves going soggy, open the bag when you get home and pop a piece of paper towel on each side of the bag, then fold it closed. This will absorb excess moisture and keep the leaves fresh.
- You can use salad ingredients you already have at home instead of buying a bag of seasonal salad leaves.
- Skinless chicken breast can be substituted with skinless thigh fillets if preferred.
- Instead of fresh corn cob kernels you can use frozen corn kernels and defrost when needed.
- Eggs are listed as a staple ingredient – you'll need three for the summer fritters.



LOVE FOOD
hate waste
NEW ZEALAND