

# Summer Meal Planner

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

## Week 2 Menu

<b>Monday</b>	Red curry stir fried noodles
<b>Tuesday</b>	Lamb kofta
<b>Wednesday</b>	Satay salad
<b>Thursday</b>	Tuna empanadas
<b>Friday</b>	Friday night sliders

## Week 2 Shopping List

### Produce

- 3 Onions
- 250g Mushrooms
- 4 Courgettes
- 3 Carrots
- ½ Cabbage
- 5 Capsicums
- 1 Lettuce
- 1 Cucumber
- 200g Radishes
- 1 Eggplant
- 3 Corn cobs
- 2 Nectarines

### Grocery

- 250g Rice noodles
- 160g Red curry paste

- 170g Tomato paste
- 425g Canned tuna
- 6 Eggs
- 400ml Coconut milk
- 8 pack Pita bread
- 8 pack Sliders/buns

### Butchery

- 500g Beef, stir fry or rump steak
- 500g Lamb mince
- 400g Skinless chicken breast

### Chilled

- 250g Firm tofu

### Frozen

- 780g Flaky puff pastry sheets

## Pantry Staples\*

- Oil, for frying
- Olive oil
- Salt
- Pepper
- Garlic – fresh cloves or crushed
- Paprika – smoked or sweet
- Soy sauce, coconut aminos / other alternative
- Peanut butter
- Ground coriander
- Garam masala
- Barbecue sauce
- Sour cream, mayonnaise, or yoghurt
- Mustard – Dijon or wholegrain
- Your favourite sauce – hummus, tzatziki, chutney
- Nuts and seeds (optional)
- Egg (optional addition)

## 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

- The recipes for this week can be cooked in whatever order you prefer. To keep the sliders or buns fresh, store them in the freezer and bring them out that morning to defrost.
- Beef cuts such as rump steak, stir fry, schnitzel, or other steak cuts will all work perfectly – check the weekly specials to get the best deal.
- Coconut milk is a shared ingredient. Keep it fresh by storing the remaining milk in a sealed container in the fridge.
- Red curry paste is shared between two recipes. If your family doesn't like red curry, use any tomato-based sauce to flavour the noodle stir fry, such as a pad Thai sauce. You can make a mild coconut satay sauce for the satay salad by leaving out the red curry paste.
- Nectarines are used as part of the corn slaw with the sliders – you can use another stone fruit or swap to an apple or pear instead.



**LOVE FOOD**  
hate waste  
NEW ZEALAND

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