

# Summer Meal Planner

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

## Week 3 Menu

<b>Monday</b>	Sweet chilli chicken with cheesy corn
<b>Tuesday</b>	Spicy noodle salad
<b>Wednesday</b>	Summer veggie enchiladas
<b>Thursday</b>	Creamy coconut laksa
<b>Friday</b>	Friday night pizza

## Week 3 Shopping List

### Produce

- 4 Onions
- 7 Courgettes
- 6 Corn cobs
- 8 Capsicums
- 2 Tomatoes
- 2 Avocados
- 1 Lemon
- 1 Stalk of fresh cut lemongrass or a tube of lemongrass paste
- 2 Bok choy
- 1 pack (250g) Mung bean sprouts
- 1 Cucumber
- 3 Carrots
- 200g Radishes

### Grocery

- 800g canned black beans
- 10 pack tortilla
- 400g canned diced or chopped tomatoes
- 500g dry spaghetti
- 400ml coconut milk
- 500ml chicken stock

### Butchery

- 900g Skinless chicken breast
- 500g Beef mince
- 200g Fresh salmon

### Chilled

- 700g Cheese
- 3-4 pack Pizza bases

## Pantry Staples\*

- Oil
- Garlic – fresh bulbs or crushed
- Ginger – fresh or crushed
- Salt
- Pepper
- Cornflour
- Sweet chilli sauce
- Vinegar or vinaigrette
- Peanut butter, smooth or crunchy
- Soy sauce, coconut aminos / other alternative
- Sriracha sauce or marinade
- Mayonnaise
- Chilli flakes (optional)

## 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

- You can cook the dishes in this week's meal plan in any order you like. Cooking the pizza at the end is a great way to add any remaining veggies that haven't been used up earlier in the week.
- Spaghetti is a shared ingredient used in the creamy coconut laksa and spicy noodle salad. If preferred use rice noodles or egg noodles instead.
- Bok choy is another shared ingredient. This can be substituted with broccoli, peas, snow peas, or green beans if desired.



**LOVE FOOD**  
hate waste  
NEW ZEALAND

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