

Summer Meal Planner

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

Week 4 Menu

Monday	Quinoa and chickpea salad
Tuesday	Chicken rice
Wednesday	Fish cakes
Thursday	Summer quinoa tabbouleh and lamb chops
Friday	Friday night curry

Week 4 Shopping List

Produce

- ☐ 5 Courgettes
- ☐ 6 Tomatoes
- ☐ 1 Red onion
- ☐ 5 Carrots
- ☐ 120g Seasonal salad leaves
- ☐ 2 Cucumber
- ☐ 4 Capsicums
- ☐ 500g Potatoes
- ☐ 1 Bunch of curly parsley
- ☐ 2 Onions
- ☐ 4 Apricots

Grocery

- ☐ 450g Quinoa
- ☐ 800g Chickpeas
- ☐ 1kg Jasmine rice
- ☐ 425g Tuna in spring water
- ☐ 170g Tomato paste
- ☐ 400ml Coconut milk

Butchery

- ☐ 1 - 1.5kg Bone in chicken thighs or drumsticks
- ☐ 500g Lamb chops

Chilled

- ☐ 600g Firm tofu

Frozen

- ☐ 1kg Peas

Pantry Staples*

- | | |
|--|--|
| <input type="checkbox"/> Oil | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Mustard – wholegrain or Dijon |
| <input type="checkbox"/> Ground coriander | <input type="checkbox"/> Flour |
| <input type="checkbox"/> Salt | <input type="checkbox"/> 2 Eggs |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Cornflour |
| <input type="checkbox"/> Garlic – fresh bulbs or crushed | <input type="checkbox"/> Curry powder |
| <input type="checkbox"/> Ginger – fresh or crushed | <input type="checkbox"/> Garam masala |
| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Breadcrumbs (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

- The dishes this week can be cooked in any order you like.
- Quinoa is a shared ingredient this week. If preferred, bulghur wheat, pearl barley, or brown rice can be used instead.
- Store the cut red onion in a container in the fridge between making the two meals.
- You can use salad ingredients you already have at home instead of buying a bag of seasonal salad leaves.
- 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.



LOVE FOOD
hate waste
NEW ZEALAND

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