

Spring Meal Planner

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

Week 1 Menu

- Monday** Vietnamese-style noodle salad with pepper chicken
Tuesday Bibimbap (Korean-style rice bowl)
Wednesday Roti fish tacos
Thursday Beef paprikash
Friday Yakimeshi (Japanese-style fried rice)

Week 1 Shopping List

Produce

- 1 leek
- 1 bunch spring onions
- 120g baby spinach bag
- 120g mesclun salad
- 250g round green beans
- 2 brown onions
- 2 lemons
- 250g mushrooms
- 1 cucumber
- 200g mung bean sprouts
- 2 carrots

Butchery

- 1kg beef (stir fry, rump steak, schnitzel etc.)
- 500g chicken breast

Grocery

- 1kg medium grain rice
- 250g pasta
- 200g rice vermicelli
- 400g chopped tomatoes, canned
- 250ml beef stock
- 8-10 pack roti or roti canai*

*Roti canai can be found in the freezer section, and roti is usually found alongside the wraps in the grocery section.

Frozen

- 500g crumbed or plain fish fillets

Pantry Staples*

- Salt
- Pepper
- Oil
- Sweet chilli sauce
- Fish sauce
- Soy sauce
- Garlic, cloves or crushed
- Paprika
- Plain flour
- Vinegar
- Sugar, brown or white
- Butter
- Sauce, spread, or dip (for roti tacos)
- Sesame oil (optional)



*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.



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