

Winter Meal Planner

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

Week 1 Menu

Monday	Sloppy joe
Tuesday	Fish chowder
Wednesday	Vietnamese-style omelette
Thursday	Shepherd's pie
Friday	Friday night sticky lemon chicken

Week 1 Shopping List

Produce

- ☐ 5 Onions
- ☐ 2 Leeks
- ☐ 9 Carrots
- ☐ 1 Iceberg lettuce
- ☐ 600g Potatoes
- ☐ 600g Mushrooms
- ☐ 2 Lemons
- ☐ 800g Kumara
- ☐ 1 Red onion
- ☐ 1 Apple
- ☐ 1 Broccoli

Butchery

- ☐ 800g Beef mince
- ☐ 400g Skinless chicken breast

Chilled

- ☐ 1L Milk

Grocery

- ☐ 170g Can tomato paste
- ☐ 410g Can whole corn kernels
- ☐ 410g Can creamed corn
- ☐ 400g Can baby corn
- ☐ 425g Can tuna in springwater
- ☐ 1kg Jasmine rice
- ☐ 10 Pack eggs
- ☐ 6 Pack hamburger buns

Frozen

- ☐ 1kg Frozen peas
- ☐ 1kg Frozen green beans

Pantry Staples*

- | | |
|---|---|
| <input type="checkbox"/> Garlic – fresh bulbs or crushed garlic | <input type="checkbox"/> Oil, for frying |
| <input type="checkbox"/> Ginger – fresh or crushed ginger | <input type="checkbox"/> Sweet chilli sauce |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Butter |
| <input type="checkbox"/> Worcestershire sauce | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Cornflour |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Honey |
| <input type="checkbox"/> Flour, plain | <input type="checkbox"/> Your favourite nuts, seeds, dried fruits |
| <input type="checkbox"/> Dried mixed herbs | <input type="checkbox"/> Your favourite salad dressing |
| | <input type="checkbox"/> Fish sauce (optional) |

Introduction

The recipes in this meal planner are designed for winter 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 lists 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 items on the list.

If there's an ingredient you or your family doesn't like, swap it for one you'll enjoy and avoid waste.

Week one tips

- We recommend cooking the sloppy joe before the shepherd's pie as the mince mixture is shared between the two meals. Other than that you can cook the meals in any order you like.
- If cooking the sloppy joe later, store the buns in the freezer to maintain freshness and move into the fridge the night before to begin defrosting.
- Broccoli stalks can be eaten and are loaded with nutrients. We've used them this week's recipes, just be sure to peel off the outer layer which can be tough and woody. If preferred, the broccoli stalk can be grated.
- When freezing leftovers label the container or storage bag with a date and name of the item.
- There will be some leftover frozen green beans and peas this week, you can add more into the recipes or use in other dishes.



LOVE FOOD
hate waste
NEW ZEALAND

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