

Winter Meal Planner

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

Week 2 Menu

Monday	Chicken tagine with lemon couscous
Tuesday	Vegetarian meatloaf
Wednesday	Orange soy glazed beef
Thursday	Vege and egg fajitas
Friday	Homemade crispy fish and chips

Week 2 shopping list

Produce

- 5 Onions
- 8 Carrots
- 1 Celery
- 1 Silverbeet
- 1 Cauliflower
- 1 Lemon
- 1 Orange
- 800g Agria potatoes
- 2 Leeks

Butchery

- 400g Skinless chicken breast
- 500g Rump steak

Fish

- 500g Fresh firm fish fillets, eg. red cod, hoki, warehou

Grocery

- 400g Can chopped tomatoes
- 400g Can tomato puree
- 2 x 400g Can chickpeas
- 410g Can black beans
- 410g Can beetroot slices
- 500g Couscous
- 8 Pack wholemeal wrap
- 10 Pack eggs

Frozen

- 1kg Frozen corn kernels

Pantry Staples*

- Paprika, sweet or smoked
- Moroccan spice mix
- Dried mixed herbs
- Oil, for frying
- Garlic – fresh bulbs or crushed garlic
- Ginger – fresh or crushed ginger
- Salt
- Pepper
- Worcestershire sauce
- Flour, plain
- Soy sauce
- Sugar
- Cornflour
- Baking powder
- Dried apricots, 200g (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 two tips

- This week's recipes can be cooked in any order you like.
- If following the cooking order, freeze the fish when you get home to make sure it stays fresh and place in the fridge on Thursday to begin defrosting.
- Store any leftover dry couscous in an airtight container in a cool place.
- To keep a whole bunch of celery fresher for longer, is to wrap the root end of the celery in a paper towel, place the whole celery in a ziplock bag and squeeze out the excess air. If you have chopped celery, place it in an airtight container lined with a paper towel.
- Celery leaves are edible, use them like parsley.
- Revive any limp celery stalks by cutting in half and placing the cut side in a jar of water and leave for a few hours or overnight.
- There will be extra frozen corn kernels at the end of the week. Keep them in the freezer and use in other meals such as chowders, stir fries, and fritters.

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

