

Winter Meal Planner

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

Week 3 Menu

Monday	Salmon frittata
Tuesday	Pasta Bolognese
Wednesday	Tortilla stack with crisp orange salad
Thursday	Mac and cheese
Friday	Friday night beef burgers

Week 3 shopping list

Produce

- 5 Onions
- 2 Leeks
- 1 Cauliflower
- 700g Mushrooms
- ½ Pumpkin
- 1 Iceberg lettuce
- 3 Red onions
- 5 Carrots
- 1 Orange
- 120g (1 pack) Seasonal salad leaves
- 1 Apple

Butchery

- 500g Beef mince
- 400g Skinless chicken breast

Chilled

- 500g Cheese

Grocery

- 415g Can pink salmon
- 10 Pack eggs
- 500g Pasta
- 170g Can tomato paste
- 2 x 400g Can chopped tomatoes
- 450g Can beetroot slices
- 410g Can red kidney beans
- 70g Walnuts
- 6 Pack wholemeal wraps
- 6 Pack hamburger buns

Frozen

- 1kg Frozen mixed vege
- 500g Frozen spinach

Pantry Staples*

- Oil, for frying
- Garlic, fresh bulbs or crushed
- Salt
- Pepper
- Dried herbs
- Flour
- Milk
- Worcestershire sauce

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 three tips

- Cook this week's meals in any order you like.
- The green part of a leek is edible, it just takes longer to cook so we recommend slicing it thinner than the white part of the leek, so they cook at similar times.
- Hamburgers are cooked at the end of the week. Store the buns in the freezer to maintain freshness and move into the fridge the night before to begin defrosting.
- Finely chopped mushrooms are included twice this week, you can either chop these by hand, or to save time, you can use a food processor.
- Save time by cooking the full packet of pasta when making the Bolognese, keeping half to use in the mac and cheese later in the week. Stop pasta from sticking together by drizzling 1 teaspoon of oil over it and toss to coat, then place in a sealed container in the fridge.

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

