

# Winter Meal Planner

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

## Week 4 Menu

<b>Monday</b>	Karaage chicken rice bowl
<b>Tuesday</b>	Chickpea and lentil pilaf
<b>Wednesday</b>	Egg foo young
<b>Thursday</b>	Grilled beef with potato salad
<b>Friday</b>	Friday night pad thai

## Week 4 shopping list

### Produce

- ½ Cabbage
- 3 Beetroot
- 10 Carrots
- 1 Red onion
- 4 Onions
- 1 Celery
- 800g Potatoes
- 3 Lemons
- 1 Apple
- 1 Bunch silverbeet

### Butchery

- 400g Skinless chicken breast
- 500g Rump steak

### Chilled

- 125g Lite sour cream

### Grocery

- 1kg Medium grain brown rice
- 400g Can lentils
- 400g Can chickpeas
- 410g Can whole kernel corn
- 10 Pack eggs
- 200g Pad Thai rice noodles

### Frozen

- 300g Raw peeled prawns
- 454g Shelled edamame beans
- 1kg Frozen green beans
- 750g Frozen baby peas

## Pantry Staples\*

- |   |   |
|---|---|
| <input type="checkbox"/> Soy sauce (gluten free or salt reduced if preferred) | <input type="checkbox"/> Cornflour        |
| <input type="checkbox"/> Garlic – fresh bulbs or crushed                      | <input type="checkbox"/> Oil              |
| <input type="checkbox"/> Ginger – fresh or crushed                            | <input type="checkbox"/> Garam masala     |
| <input type="checkbox"/> Pepper   | <input type="checkbox"/> Ground coriander |
| <input type="checkbox"/> Salt   | <input type="checkbox"/> Ground cumin     |
|   | <input type="checkbox"/> Cinnamon         |
|   | <input type="checkbox"/> Tomato 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 four tips

- We recommend cooking the karaage chicken before the chickpea and lentil pilaf, as cooked rice is shared between the meals. Otherwise cook the meals in any order you like.
- 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.
- There will be leftover uncooked rice this week, store this in an airtight container in a cool place and use in another meal.
- There will be some leftover frozen green beans this week, you can add more into the recipes or use in other dishes another day.
- For children, limit the amount of salt added.

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

