

EASY CHOICE FAMILY KAI | AUTUMN WEEK 1

THIS WEEK'S RECIPES

- Mexican meatballs
- Easy udon noodles
- Burmese chicken curry
- German subs
- Sri Lankan dhal

STAPLES FOR THE WEEK

- breadcrumbs
- cayenne pepper (optional)
- chilli powder (optional)
- cinnamon, ground
- cumin
- curry powder
- garlic – cloves or crushed
- ginger – fresh or crushed
- mayonnaise
- mustard
- oil – vegetable, olive or canola
- oregano, dried (optional)
- oyster sauce (optional)
- paprika
- pepper
- salt, iodised
- sesame oil (optional)
- soy sauce, low sodium
- stock – chicken or vegetable (liquid or cubes)
- sugar
- tomato sauce
- turmeric
- vinegar – balsamic, white or lemon juice

SHOPPING LIST

BUTCHERY

- beef mince – 500g
- chicken drumsticks, skinless – 1kg or 10 drumsticks
- pork sausages – 6

CHILLED

- cheese – 250g block

PRODUCE

- apple – 1
- beetroot – 1 medium
- carrots – 10
- onions – 8
- potatoes – 6
- spring onions – 1 bunch

FROZEN

- green peas – 1kg
- spinach – 500g

GROCERY

- bread rolls – 6 long
- brown rice – 1kg (long grain)
- coconut milk, light – 1 can (400ml)
- eggs – 6
- lentils – 1 can
- red split lentils – 1 packet (375g)
- tomatoes, chopped – 2 cans
- udon noodles – 3 packets (200g per packet)

EASY CHOICE FAMILY KAI | AUTUMN WEEK 2

Chicken and vegetable pie
Thai vegetable curry
Bacon and corn baked potatoes
Green bean, beef and egg stir-fry
Mexican bean empanadas

STAPLES FOR THE WEEK

cayenne pepper (optional)
cheese
chicken stock (liquid or cubes)
chilli powder (optional)
cornflour
cumin, ground
garlic – cloves or crushed
ginger – fresh or crushed
honey
mayonnaise
milk
mixed herbs, dried
oil – vegetable, olive or canola
oregano, dried
oyster sauce (optional)
paprika
parsley, fresh (optional)
pepper
salt, iodised
soy sauce, reduced salt

SHOPPING LIST

BUTCHERY

beef stir-fry – 500g
chicken breast, skinless & boneless – 500g

CHILLED

middle bacon – 200g

PRODUCE

cabbage – half head
carrots – 10
leeks – 1
onions – 9
potatoes – 9 medium

FROZEN

green beans – 1kg
mixed vegetables – 1kg
puff pastry – 1kg (6 sheets)

GROCERY

brown rice – 1kg (long grain)
chickpeas – 1 can
chopped tomatoes – 2 cans
coconut milk – 1 can (400ml)
creamed corn – 1 can
eggs – 6
red kidney beans – 2 cans
Thai red curry paste – 1 sachet or jar (at least 50g)

EASY CHOICE FAMILY KAI | AUTUMN WEEK 3

THIS WEEK'S RECIPES

Bobotie (South African curried mince)

Warm lentil salad

Bean quesadillas

Fried rice

Bacon bread cases with raw energy slaw

STAPLES FOR THE WEEK

cayenne pepper (optional)
chilli powder or flakes (optional)
cloves – whole or ground (optional)
curry powder
fish sauce
garlic – cloves or crushed
ginger – fresh or crushed
milk
mixed herbs, dried
oil – vegetable, olive or canola
paprika
pepper
salt, iodised
soy sauce
sugar
sunflower seeds (optional)
turmeric
vinegar – balsamic, white or lemon juice

SHOPPING LIST

BUTCHERY

beef mince – 500g
chicken breast or thigh, boneless – 500g

CHILLED

cheese – 250g block
middle bacon – 200g
Produce
beetroot – 3 medium
carrots – 4
onions – 8
pumpkin – 1/4

FROZEN

mixed vegetables – 1kg
spinach – 500g

GROCERY

bread, wholemeal thin sliced – 1 loaf
brown rice – 1kg (long grain)
chickpeas – 1 can
creamed corn – 1 can
eggs – 12
kidney beans – 2 cans
lentils – 1 can
raisins – 400g
tomatoes, chopped – 2 cans
tortillas – 12

EASY CHOICE FAMILY KAI | AUTUMN WEEK 4

THIS WEEK'S RECIPES

- Tuna pasta bake
- Golden shepherd's pie
- Hearty vegetable bolognese
- Moroccan chicken stew
- Egg & black bean pita pockets

STAPLES FOR THE WEEK

- chilli powder (optional)
- cinnamon, ground
- cumin, ground
- flour, plain
- garlic – fresh or crushed
- margarine – vegetable spread or butter
- marmite (optional)
- mayonnaise
- mixed herbs, dried
- mustard
- nutmeg (optional)
- oil – vegetable, olive or canola
- oregano, dried (optional)
- paprika
- pepper
- raisins
- salt, iodised
- stock – beef, vegetable or chicken (liquid or cubes)
- tomato sauce
- yoghurt, plain (optional)

SHOPPING LIST

BUTCHERY

- beef mince – 500g
- chicken breast – skinless & boneless – 500g

PRODUCE

- apple – 1
- carrots – 5
- celery – ½ bunch
- leek – 1
- onions – 7
- potatoes – 8
- pumpkin – half

CHILLED

- cheese – 250g block
- milk (low-fat) – 1 litre

FROZEN

- mixed vegetables – 1kg

GROCERY

- black beans – 1 can
- chickpeas – 1 can
- dried apricots – 100g
- eggs – 12
- lentils – 2 cans
- penne pasta – 500g
- pita pockets – 8
- tomatoes, chopped – 3 cans
- tuna chunks in spring water – 425g can