

EASY CHOICE FAMILY KAI | WINTER **WEEK 1**

THIS WEEK'S RECIPES

- Roasted chicken and vegetables
- Chicken noodle soup
- Roasted vegetable frittata
- Lentil bolognese
- Salmon burgers with lemon slaw

STAPLES FOR THE WEEK

- breadcrumbs
- flour, plain
- garlic – cloves or crushed
- mayonnaise
- milk
- mixed herbs, dried
- oil – vegetable, olive or canola
- paprika
- pepper
- salt, iodised
- stock – chicken or vegetable (liquid or cubes)
- sugar
- sweet chilli sauce

SHOPPING LIST

BUTCHERY

- chicken, whole – 1.5-1.7kg (size 16)

CHILLED

- cheese, Edam – 250g (or 1kg if you are going to follow all 4 weeks)

PRODUCE

- cabbage – ½
- carrots – 5
- leek – 1
- lemon – 1
- onions – 5
- potatoes – 8 large / 1.6kg
- pumpkin – ½

FROZEN

- mixed vegetables – 1kg

GROCERY

- cannellini beans – 2 cans
- eggs – 12
- hamburger buns – 6
- lentils – 2 cans
- salmon – 1 can (415g)
- spaghetti, dried – 1 packet (500g)
- tomatoes, chopped – 2 cans

EASY CHOICE FAMILY KAI | WINTER **WEEK 2**

THIS WEEK'S RECIPES

- Meatloaf with cheesy mashed potatoes
- Smoked fish pie
- Pumpkin and chickpea curry
- Bean burritos
- Nasi Goreng

STAPLES FOR THE WEEK

- breadcrumbs
- butter or margarine
- chilli flakes or powder (optional)
- fish sauce (optional)
- flour, plain
- garlic – cloves or crushed
- ginger – fresh or crushed
- milk
- mixed herbs, dried
- mustard, Dijon (optional)
- oil – vegetable, olive or canola
- paprika
- pepper
- salt, iodised
- sesame oil (optional)
- soy sauce, low sodium
- tomato sauce

If you are following all four weeks and have bought cheese, potatoes and onions in bulk, you won't need to buy more this week.

SHOPPING LIST

BUTCHERY

- beef mince – 500g
- pork sausages – 6

CHILLED

- cheese, Edam – 250g

PRODUCE

- cabbage – ¼
- carrots – 6
- onions – 4
- potatoes – 8 large / 1.6kg
- pumpkin – ½
- spring onion – 1 bunch

FROZEN

- green beans – 1kg
- spinach – 500g

GROCERY

- black beans – 1 can
- brown rice – 1kg (long grain)
- chickpeas – 2 cans
- chilli beans – 1 can
- coconut milk – 1 can (400ml)
- creamed corn – 1 can
- eggs – 6
- smoked fish – 1 can (450g)
- Thai red curry paste – 1 sachet or jar (at least 50g)
- tomatoes, chopped – 2 cans
- tortillas – 10-12

EASY CHOICE FAMILY KAI | WINTER WEEK 3

THIS WEEK'S RECIPES

- Leek and potato soup
- Teriyaki chicken drumsticks
- Salmon quiche
- Nachos
- Sweet and sour pork

STAPLES FOR THE WEEK

- butter or margarine
- cayenne pepper (optional)
- chilli powder (optional)
- cornflour
- flour – self raising
- garlic – cloves or crushed
- ginger – fresh or crushed
- honey (optional)
- milk
- oil – vegetable, olive or canola
- paprika (optional)
- pepper
- salt, iodised
- soy sauce, low sodium
- stock – vegetable or chicken (liquid or cubes)
- sugar
- vinegar, white

SHOPPING LIST

BUTCHERY

- chicken drumsticks – approx. 1kg or 10 drumsticks
- pork, diced – 600g

CHILLED

- bacon, middle – 200g
- cheese, Edam – 250g

PRODUCE

- broccoli – 1
- carrots – 6
- celery – ½ bunch
- leek – 1 large or 2 small
- onions – 3
- potatoes – 3 large / 600g

FROZEN

- mixed vegetables – 1kg

GROCERY

- baguette – 1
- brown rice – 1kg (long grain)
- corn chips – 300g
- eggs – 6
- kidney beans – 2 cans
- pineapple, pieces in juice – 1 can (425g)
- salmon – 1 can (415g)
- tomatoes, chopped – 2 cans

EASY CHOICE FAMILY KAI | AUTUMN **WEEK 4**

THIS WEEK'S RECIPES

- Corned beef with mashed potatoes
- Corned beef hash cakes
- Thai pumpkin soup
- Cheese and bacon bread pudding
- Satay tofu noodles

STAPLES FOR THE WEEK

- butter or margarine
- chilli powder (optional)
- cloves, whole (optional)
- curry powder
- flour, plain
- garlic – cloves or crushed
- ginger – fresh or crushed
- golden syrup (optional)
- mustard or mustard powder (optional)
- oil – vegetable, olive or canola
- peanut butter – crunchy or smooth
- pepper
- peppercorns, whole (optional)
- salt, iodised
- soy sauce, low sodium
- stock – vegetable or chicken (liquid or cubes)
- sweet chilli sauce
- sugar
- vinegar, white

SHOPPING LIST

BUTCHERY

corned beef / silverside – 1.2kg

CHILLED

- bacon, middle – 200g
- cheese, Edam – 250g
- milk – 1 litre
- tofu, firm – 2 blocks (300g)

FROZEN

broccoli and cauliflower mix – 750g

PRODUCE

- cabbage – 1
- carrots – 4
- onions – 3
- parsnips – 3
- potatoes – 8 large / 1.6kg
- pumpkin – 1/2

GROCERY

- bread, wholemeal sandwich – 1 loaf
- cannellini beans – 2 cans
- coconut milk, lite – 1 can (400ml)
- corn kernels – 1 can
- eggs – 12
- udon noodles – 3 packets