**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
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

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

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.
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