THIS WEEK’S RECIPES
Chicken banh mi
Mexican stuffed potatoes
Tuna corn croquettes
Hawaiian pizzas
Falafel pita pockets

STAPLES FOR THE WEEK
- breadcrumbs
- chilli powder (optional)
- coriander, fresh (optional)
- cumin, ground
- fish sauce
- flour, plain and self-raising
- garlic — cloves or crushed
- ginger — fresh or crushed
- honey
- mayonnaise
- milk
- mint, fresh (optional)
- mixed herbs, dried
- oil — vegetable, olive or canola
- oregano, dried
- paprika
- pepper
- salt, iodised
- soy sauce
- sugar
- sweet chilli sauce
- thyme, dried (optional)
- vinegar — white, rice or balsamic

SHOPPING LIST

BUTCHERY
- beef mince — 500g
- chicken breast, boneless and skinless — 500g

CHILLED
- bacon, middle — 200g
- cheese, Edam — 500g
- milk — 1 litre

FROZEN
- green peas — 1kg

GROCERY
- baguettes — 2
- chickpeas — 2 cans
- corn kernels — 1 can
- creamed corn — 1 can
- kidney beans — 1 can
- pineapple chunks in juice — 1 can (225g)
- pita breads, wholemeal — 8-10
- tomatoes, chopped — 2 cans
- tuna in springwater — 1 can (425g)

PRODUCE
- capsicum — 1
- carrots — 5
- cucumber — 1
- iceberg lettuce — 1
- mung bean sprouts — 200g
- onions — 3
- potatoes — 12
- spring onions — 1 bunch
- tomatoes — 6
**EASY CHOICE FAMILY KAI** | **SUMMER WEEK 2**

**THIS WEEK'S RECIPES**
- Sausage pasta
- Okonomiyaki
- Chicken drumsticks with potato salad
- Beef burger with coleslaw & wedges
- Tuna pasta salad

**STAPLES FOR THE WEEK**
- BBQ sauce (optional)
- cayenne pepper (optional)
- chilli — powder or fresh (optional)
- flour, plain
- garlic, cloves or crushed
- lemon juice
- mustard, Dijon is preferred but any type will be suitable (optional)
- oil — vegetable, olive or canola
- oregano, dried
- paprika
- parsley, fresh (optional)
- pepper
- salt, iodised
- sugar
- sweet chilli sauce (optional)
- tomato sauce
- vinegar, white

**SHOPPING LIST**

<table>
<thead>
<tr>
<th>BUTCHERY</th>
<th>CHILLED</th>
</tr>
</thead>
<tbody>
<tr>
<td>beef mince — 500g</td>
<td>bacon, middle — 200g</td>
</tr>
<tr>
<td>chicken drumsticks — 10 drumsticks</td>
<td>cheese, Edam — 250g</td>
</tr>
<tr>
<td>(approx. 1kg)</td>
<td></td>
</tr>
<tr>
<td>pork sausages — 6</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>FROZEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>mixed vegetables — 1kg</td>
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</table>

<table>
<thead>
<tr>
<th>GROCERY</th>
</tr>
</thead>
<tbody>
<tr>
<td>corn kernels — 1 can</td>
</tr>
<tr>
<td>eggs — 12</td>
</tr>
<tr>
<td>hamburger buns — 6</td>
</tr>
<tr>
<td>lentils — 1 can</td>
</tr>
<tr>
<td>mayonnaise, light — 400g jar</td>
</tr>
<tr>
<td>penne pasta — 500g</td>
</tr>
<tr>
<td>tomatoes, chopped — 2 cans</td>
</tr>
<tr>
<td>tuna in spring water — 425g can</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>PRODUCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>baby spinach — 120g bag</td>
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<tr>
<td>cabbage — ½</td>
</tr>
<tr>
<td>carrots — 4</td>
</tr>
<tr>
<td>onions — 3</td>
</tr>
<tr>
<td>potatoes — 10 medium (approx 1.5 kg)</td>
</tr>
<tr>
<td>spring onions — 1 bunch</td>
</tr>
<tr>
<td>tomatoes — 5</td>
</tr>
</tbody>
</table>
**THIS WEEK’S RECIPES**
Bean burritos
Moussaka with salad
Hawaiian fried rice
Rice crusted quiche
Vietnamese chicken noodle salad

**STAPLES FOR THE WEEK**
- chilli powder or flakes (optional)
- cumin, ground
- garlic — cloves or crushed
- ginger — fresh or crushed
- milk
- mint, fresh (optional)
- mixed herbs, dried
- nutmeg (optional)
- oil — vegetable, olive or canola
- oregano, dried
- paprika
- pepper
- salt
- soy sauce
- sugar
- vinegar (balsamic or apple cider) or lemon juice

**SHOPPING LIST**

**BUTCHERY**
- beef mince — 500g
- chicken breast, boneless — 500g

**CHILLED**
- cheese — 250g
- ham — 400g

**FROZEN**
- mixed vegetables — 1kg

**GROCERY**
- black beans — 1 can
- brown rice — 1kg (long grain)
- chilli beans — 1 can
- eggs — 12
- pineapple pieces in juice — 1 can (425g)
- sweet chilli sauce — 1 bottle
- tomatoes, chopped — 3 cans
- tortillas — 12
- vermicelli noodles — 200g

**PRODUCE**
- capsicum — 1
- carrots — 6
- courgettes — 3
- cucumber — 1
- eggplants (aubergines) — 2 large
- iceberg lettuce — 1
- lemon — 1
- onions — 4
- spring onions — 1 bunch
- tomatoes — 5
**EASY CHOICE FAMILY KAI | SUMMER WEEK 4**

**THIS WEEK’S RECIPES**

- Turkish koftas with couscous
- Courgette burgers with garlic wedges
- Moroccan chicken couscous
- Summer vegetable slice with garlic beans
- Niçoise salad

**STAPLES FOR THE WEEK**

- chilli powder (optional)
- cinnamon, ground (optional)
- coriander, fresh (optional)
- cumin, ground
- flour, plain
- flour, self-raising
- garlic — cloves or crushed
- ginger — fresh or crushed
- mayonnaise
- mustard, Dijon is preferred but any type will be suitable (optional)
- oil — vegetable, olive or canola
- paprika
- parsley, fresh (optional)
- pepper
- salt (iodised)
- skewers — bamboo or metal
- soy sauce
- stock — chicken or vegetable (liquid or cubes)
- sultanas or raisins (optional)
- turmeric (optional)

**SHOPPING LIST**

**BUTCHERY**

- beef mince — 500g
- chicken breast, boneless — 500g

**CHILLED**

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

**FROZEN**

- green beans — 1kg

**GROCERY**

- chickpeas — 1 can
- couscous, instant — 1kg
- eggs — 12 pack
- hamburger buns — 6 pack
- lentils — 1 can
- tuna in springwater — 425g can

**PRODUCE**

- capsicum — 1
- carrots — 7
- courgettes — 6
- iceberg lettuce — 1
- lemons — 1
- onions — 5
- potatoes — 12/1.8kg
- tomatoes — 5