

EASY CHOICE FAMILY KAI | SUMMER WEEK 1

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

BUTCHERY

beef mince – 500g
chicken drumsticks – 10 drumsticks (approx. 1kg)
pork sausages – 6

CHILLED

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

FROZEN

mixed vegetables – 1kg

GROCERY

corn kernels – 1 can
eggs – 12
hamburger buns – 6
lentils – 1 can
mayonnaise, light – 400g jar
penne pasta – 500g
tomatoes, chopped – 2 cans
tuna in spring water – 425g can

PRODUCE

baby spinach – 120g bag
cabbage – 1/2
carrots – 4
onions – 3
potatoes – 10 medium (approx 1.5 kg)
spring onions – 1 bunch
tomatoes – 5

EASY CHOICE FAMILY KAI | SUMMER WEEK 3

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