



**DO
YOU
HAVE?**

BUNS

**BREAD
CRUMBS**

**LEAFY
SALAD OR
SLAW**

YOU CAN MAKE...



1

BEEF BURGER
USE
BEEF MINCE



2

**BLACK BEAN
BURGER**
USE
TINNED BEANS



3

FISH BURGER
USE
TINNED TUNA
OR SALMON

FLEX YOUR FILLINGS!

TRY ADDING PINEAPPLE SLICES, BEETROOT, FRIED EGG, MAYO,
RELISH, TOMATO SAUCE, FRIED MUSHROOMS OR ONIONS

**DO
YOU
HAVE?**

**STOCK
OR
WATER**

**LOADS OF
VEGGIES -
FRESH OR
FROZEN**

**SHREDDED
CHICKEN,
TINNED
BEANS OR
LENTILS**

YOU CAN MAKE...

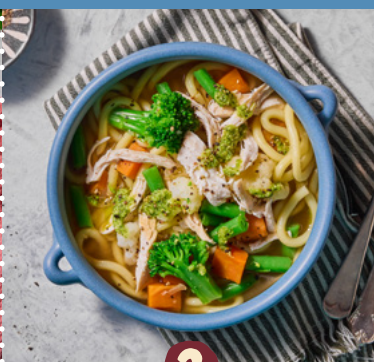


1

CREAMY SOUP

ADD

COCONUT MILK, MILK,
CREAM OR BUTTER



2

NOODLE SOUP

ADD

NOODLES OR SPAGHETTI



3

HEARTY SOUP

ADD

TINNED TOMATOES

PUT YOUR OWN FLAVOUR SPIN ON IT!

TRY ADDING PESTO, CURRY POWDER OR CURRY PASTE

**DO
YOU
HAVE?**

RICE

**MIX OF
VEGGIES -
FRESH OR
FROZEN**

**MINCE,
CHICKPEAS,
CHICKEN,
FISH, BEANS,
TOFU OR
EGG**

YOU CAN MAKE...



1

BURRITO BOWL
ADD
MEXICAN SPICE MIX



2

SALAD BOWL
ADD
YOUR FAVOURITE
DRESSING



3

**TERIYAKI
BOWL**
ADD
SOY SAUCE & SUGAR

FLEX WITH YOUR RICE BOWL TOPPINGS!

ADD OR SERVE WITH CUCUMBER, BEETROOT, CARROT, EDAMAME, ONION, PINEAPPLE, RADISH, MUNG BEANS,
ROASTED PEANUTS, SESAME, PUMPKIN OR SUNFLOWER SEEDS, SEAWEED, MAYO OR CHIPOTLE SAUCE

DO
YOU
HAVE?

PASTA

MIX OF
VEGGIES -
FRESH OR
FROZEN

LENTILS,
CHICKEN,
FISH OR
MINCE

YOU CAN MAKE...



1

**TOMATO
PASTA**

ADD

TINNED TOMATOES



2

**LEMONY
PASTA**

ADD

LEMONS



3

**CREAMY
PASTA**

ADD

MILK, SOUR CREAM
OR CREAM

PUT YOUR OWN SPIN ON IT!

ADD OR SERVE WITH CHEESE, FRESH OR DRIED HERBS, VEGGIES - STEAMED OR ROASTED,
FRESH LEAFY SALAD OR A CRISP SLAW



**DO
YOU
HAVE?**

**TINNED
TOMATOES**

**MIX OF
VEGGIES -
FRESH OR
FROZEN**

**MINCE,
LENTILS OR
BEANS**

YOU CAN MAKE...



1

**SHEPHERD'S
PIE**

ADD

**MASHED POTATO,
PUMPKIN OR KUMARA**



2

BURRITOS

ADD

TORTILLA WRAPS



3

NACHOS

ADD

CORN CHIPS

PUT YOUR OWN SPIN ON IT!

**ADD OR SERVE WITH A QUICK SALSA, GUACAMOLE, SALAD,
CHEESE, SOUR CREAM OR PLAIN YOGHURT**