

# MEAL PLANNER SHOPPING LIST

## Week ONE

THIS ECONOMICAL WEEK FEATURES CHICKPEA PATTIES, CHICKEN NIBBLES, CANNED TUNA AND SKIRT STEAK. THE LAMB STEAKS ON WEDNESDAY ARE OPTIONAL.

### Meat-Free Monday

Pumpkin and Chickpea Cakes  
page 66

with Date and Tamarind Chutney  
page 109

and yoghurt and a green salad



### Tuesday

Balsamic and Rosemary Chicken  
page 83

with New Potato Salad with Green Beans  
page 84



### Wednesday

Happy Heart Bowl  
page 47

with optional pan-fried or barbecued lamb steaks



### Thursday

Tuna Couscous  
page 71



### Friday

Yucatán Beef Fajitas  
page 152

with Avocado Chilli Dip  
page 152  
and all the trimmings



### Meat and fish

- about 1kg chicken nibbles
- lamb steaks (optional)
- 400g skirt steak or schnitzel

### Dairy and eggs

- 3 eggs
- ¼ cup low-fat natural greek yoghurt, plus extra to serve

### Vegetables and fruit

- 2 avocados
- 250g cherry tomatoes
- 1 long green chilli
- 1 lebanese cucumber or ½ telegraph cucumber
- 3 cloves garlic
- 1 tbsp finely grated fresh ginger
- 130g green beans
- green salad items (optional)
- iceberg lettuce
- 1 cup chopped roasted kumara
- 1 lemon
- 1 lime
- 3 onions
- 850g new potatoes
- 1 green pepper
- 2 red peppers
- 1 small red onion
- 2 packed cups spinach or watercress leaves
- 3 spring onions
- 6 tomatoes
- 500g wedge pumpkin

### Herbs

- 1 bunch coriander
- 1 bunch parsley
- 1 tsp finely chopped rosemary leaves, plus extra sprigs to serve
- 2 tbsp tarragon or dill leaves

### Pantry items

- 4 tbsp baby capers
- ½ cup roasted salted cashews
- 2 x 400g cans chickpeas
- 1 cup couscous
- Date & Tamarind Chutney (see page 109) or storebought tamarind chutney, to serve
- ¼ cup kalamata olives
- 1½ cups cooked le puy lentils or 400g can lentils
- ½ cup toasted pine nuts or almond slivers
- ½ cup toasted pumpkin seeds
- 1 roasted red pepper from a jar
- 3 tbsp Smoky Spice Mix or storebought taco seasoning mix
- 2 tbsp Super Dressing (see page 106) or your favourite citrus salad dressing
- 8 tortillas
- 425g can tuna in olive oil

For recipes see my summer annual *Annabel Langbein A Free Range Life: Endless Summer*.

Most main dishes serve four, but some serve six or more, leaving leftovers for lunch the next day or a second meal another night.

Please note quantities are sometimes rounded to allow for easy shopping – for example when 2½ lemons are required the shopping list will call for 3 lemons.

We assume you will have a stock of Storecupboard Basics, such as oils, vinegars, sauces, herbs and spices on hand. See separate checklist for this.

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