

# MEAL PLANNER SHOPPING LIST

## Week TWO

FIRE UP THE BARBECUE FOR THIS WEEK'S SALMON KEBABS, BURGERS AND OPTIONAL THURSDAY NIGHT CHICKEN.

### Meat-Free Monday

Corn and Feta Picnic Pie  
page 23  
with a green salad



### Tuesday

Salmon, Lemon and  
Tomato Kebabs  
page 82

with Asparagus with  
Capers and  
Crispy Bacon  
page 143



### Wednesday

Zucchini Fettuccine  
with Haloumi  
page 101

with optional boiled  
new potatoes



### Thursday

Mango and Avocado Salad  
page 140

with optional  
barbecued or oven-baked  
chicken breast and boiled  
new potatoes



### Friday

Mexicali Chicken and  
Zucchini Burgers  
page 153



### Meat and fish

- 4 rashers streaky bacon
- chicken breasts (optional)
- 500g chicken or turkey mince
- 600g boneless, skinless salmon

### Dairy and eggs

- 4 eggs
- 200g feta
- 200g haloumi

### Vegetables and fruit

- 500-600g asparagus spears
- 2 just-ripe avocados
- 4 punnets cherry tomatoes
- 2 cups cooked corn kernels
- green salad items
- 2 lemons
- lettuce leaves
- 1 large just-ripe mango or 2 peaches or 2 nectarines
- new potatoes (optional)
- 4 handfuls mixed salad leaves
- 1 large handful baby spinach leaves
- tomatoes
- 6 large zucchini

### Herbs

- 1 bunch basil OR ¼ cup torn basil leaves, basil leaves to garnish and ¾ cup chopped dill, parsley or mint leaves
- 2 tbsp chopped coriander leaves
- 2 tbsp chopped mint leaves

### Pantry items

- Avocado Chilli Dip (see page 152) or guacamole or mashed avocado, to serve
- 2 tbsp Basil Dressing (see page 107) or basil pesto
- burger buns
- 1½ tbsp capers
- 7 sheets filo pastry
- 3 tbsp Smoky Spice Mix or storebought taco seasoning mix
- ¼ cup Super Dressing (see page 106) or your favourite citrus salad dressing

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.