

MEAL PLANNER SHOPPING LIST

Week FIVE

MAKE THE MOST OF SUMMER'S SEASONAL PRODUCE WITH THIS WEEK'S RATATOUILLE PASTA AND SIMPLE SALAD IDEAS.

Meat-Free Monday

Tray-Roasted Ratatouille Pasta
page 62
with a green salad



Tuesday

Paleo Power Bowl
page 44



Wednesday

Prawn and Pumpkin Laksa
page 74



Thursday

Miso-Marinated Skirt Steak
page 89
with Asian Noodle and Cabbage Slaw
page 91



Friday

Broccoli, Rocket and Almond Pesto
page 19
tossed through pasta with optional pan-fried or barbecued lamb chops



Meat and fish

- 1 large chicken breast or 200g cooked chicken
- lamb chops (optional)
- 200g prawns or thinly sliced boneless chicken
- 800g skirt steak

Dairy and eggs

- 4 eggs
- 200g feta

Vegetables and fruit

- 1 large just-ripe avocado
- a handful of bean sprouts (optional)
- 2-3 heads bok choy or 150g beans
- 1 head broccoli
- ½ cabbage
- 2 carrots
- 2 celery stalks
- 1 cos lettuce (you need six leaves)
- 1 eggplant
- 3 cloves garlic
- 2 tsp finely grated fresh ginger
- green salad items
- 2 lemons OR 1 lemon and 2 limes
- 1 mango
- 400g pumpkin
- 2 red onions
- 2 handfuls rocket leaves
- 100g snow peas
- 3 spring onions
- 1kg tomatoes
- 4 zucchini

Herbs

- basil leaves, to garnish
- 2 double kaffir lime leaves (optional)
- ¾ cup mint leaves, plus mint sprigs OR ¼ cup mint leaves, plus mint sprigs and ½ cup chopped coriander leaves, plus coriander sprigs
- 1 tsp chopped rosemary leaves

Pantry items

- ½ cup roasted almonds
- ½ cup roasted cashews
- 400g can cherry tomatoes or chopped tomatoes in juice
- 1 chicken stock concentrate tub or cube
- 400ml can coconut milk
- ½ cup kalamata olives
- ¾ cup Monica's Miso Teriyaki Sauce (see page 105) or storebought miso marinade
- 150g pad thai noodles
- pasta
- ½ cup roasted peanuts
- Thai Ginger Dressing (see page 91) or storebought Asian dressing
- 500g dried spaghetti or thin fettucine
- ¼ cup Super Dressing (see page 106) or your favourite citrus salad dressing
- 3 x 200g packets precooked udon noodles or 300g dried rice or udon noodles

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.

annabel langbein™
a free range life