

MEAL PLANNER SHOPPING LIST

Week
SIX

TRAVEL ROUND THE WORLD IN A WEEK WITH AN ITALIAN-INSPIRED RISOTTO, TEX-MEX CHILLI BEANS AND JAPANESE RICE BALLS. ADD MINCE TO THE BEANS FOR A MEATIER MEAL.

Meat-Free Monday

Rainbow Salad with Haloumi
page 66



Tuesday

Lemony Shellfish Risotto
page 71



Wednesday

Energy Boost Bowl
page 36
with optional oven-baked or barbecued chicken breast



Thursday

Cowboy Chilli Beans or Cowboy Beef Chilli Beans
page 74
with Tomato and Olive Salad
page 85
and rice and flatbreads



Friday

Tuna Rice Balls
page 51
with Asian Asparagus Slaw
page 143
and nori sheets and miso soup



Meat and fish

- 300g beef mince (optional)
- chicken breast (optional)
- 1.5kg pipis, cockles or small mussels

Dairy and eggs

- 6 eggs
- 250g haloumi

Vegetables and fruit

- 250g asparagus spears
- 2 avocados
- 1 head broccoli
- 4 cloves garlic
- 2 lemons
- 1 lime
- ½ cup mung bean sprouts
- 2 large onions
- 2 large red, orange or yellow peppers
- 1 small red onion
- 600g (about 8 medium) tomatoes or cherry tomatoes
- 4 small green or yellow zucchini

Herbs

- 2 handfuls basil or rocket leaves
- 1 bunch parsley
- 2 tsp thyme leaves

Pantry items

- ½ cup tamari-roasted almonds
- 1 recipe Basil Dressing (see page 107) or storebought basil dressing
- 400g can chickpeas
- 1 tbsp chipotle peppers in adobo sauce or ½-1 tsp chilli flakes
- ¾ cup couscous
- 4 cups fish or chicken stock or 2 fish or chicken stock concentrate tubs or cubes mixed with 4 cups water

- flatbreads, to serve
- 10-12 pitted kalamata olives
- 2 x 400g cans kidney beans
- 1½ cups cooked millet or brown rice
- miso soup, to serve
- nori sheets, to serve
- ¼ cup toasted pine nuts or sunflower seeds (optional)
- 2 cups risotto rice
- 2 roasted red peppers from a jar (optional)
- rice, to serve
- ½ cup Super Dressing (see page 106) or your favourite citrus salad dressing
- 1 cup sushi rice
- 2 x 400g cans chopped tomatoes
- 2 x 180g cans tuna in spring water
- 4 tsp Turkish Red Pepper Pesto (see page 105) or 4 tsp tomato purée or juice mixed with ½ tsp smoked paprika
- ¼ cup wakame seaweed
- 1 cup white vermouth or white wine
- ½ cup white wine

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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