

MEAL PLANNER SHOPPING LIST

week five

Monday's vege-packed burgers are my healthy version of a take-out fave.



MEAT-FREE MONDAY

Spicy Bean Burgers
page 98



TUESDAY

Thai Chicken and Bok Choy Noodles
page 30



WEDNESDAY

Burmese Beef and Potato Curry
page 29
with rice



THURSDAY

Penne with Bacon, Hazelnut Pesto and Spinach
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FRIDAY

Asian Prawn Omelette
page 25
with Asian slaw

Meat and fish

- 6 rashers streaky bacon
- 400g/14oz beef mince/ground beef
- 400g/14oz chicken mince/ground chicken
- 8 medium prawns/shrimp

Dairy and eggs

- 4 eggs
- a little natural yoghurt to serve
- ½ cup grated parmesan

Vegetables and fruit

- asian slaw ingredients of your choice to serve with Asian Prawn Omelette
- 2 cooked beetroot
- 6 whole bok choy (about 600g)
- 9 cloves garlic (1 bulb)
- 40g/1½oz fresh ginger
- 1 lemon
- 4 large lettuce leaves (if not using toasted burger buns or other wrappers)
- 3 limes
- 2 large onions
- 2 cups frozen peas
- 4 potatoes
- salad fixings of your choice (such as coleslaw, salad greens, avocado, red onion slices and grated carrot) to serve with burgers
- 4 handfuls baby spinach leaves
- 4 handfuls spinach leaves
- 4 spring onions/scallions

Herbs

- 2 bunches coriander/cilantro
- 1 bunch flat-leaf parsley

Pantry items

- 400g/14oz can black beans OR kidney beans
- 4 burger buns OR other wrappers (if not using lettuce leaves)
- ¾ cup coconut cream
- dressings of your choice (such as caramelised onion, yoghurt or good-quality mayonnaise and relish) to serve with burgers
- fried shallots to serve
- 1 recipe Hazelnut Pesto (see page 125) OR ¾ cup storebought pesto
- 400g/14oz dried penne OR other pasta
- 150g/5oz dried rice stick noodles
- 2 tbsp black OR plain sesame seeds OR toasted coconut flakes, plus black sesame seeds to serve
- rice to serve with Burmese Beef and Potato Curry

For recipes see my annual *Annabel Langbein A Free Range Life: Cheap Thrills*.

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.