

MEAL PLANNER SHOPPING LIST

week one

Start the week with a vege lasagne that will win over all the meat eaters.



MEAT-FREE MONDAY

Vegetarian Lasagne
page 50
with a green salad



TUESDAY

Chicken and
Mushroom Sticky
Rice Bowls
page 68
with Asian Greens
with Oyster Sauce
page 68



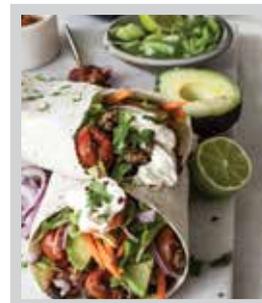
WEDNESDAY

Turkish Flatbread
Pizza with
Spicy Mince
page 35



THURSDAY

Tom Yum
Mussel Bowl
page 42
with
steamed rice



FRIDAY

Fifteen-Minute
Burritos
page 28

Meat and fish

- 500g/1lb beef mince/ground beef
- 300g/10oz beef OR lamb mince/ground beef OR lamb
- 250g/8oz boneless, skinless chicken thighs
- 1-1¼kg/2-2½lb fresh mussels

Dairy and eggs

- 1½ cups natural greek yoghurt
- 1 cup grated mozzarella
- 1 cup grated parmesan OR pecorino
- 1 cup sour cream OR crème fraîche

Vegetables and fruit

- 6 whole baby bok choy
- 10 cloves garlic (1 bulb)
- green salad ingredients of your choice to serve with Vegetarian Lasagne
- 4 lemons OR 2 lemons and 2 limes
- 750g/1½lb flat OR brown mushrooms
- 4 onions (3 large)
- 750g/1½lb wedge pumpkin
- 4 small radishes
- salad fixings of your choice (such as shredded lettuce or cabbage, grated carrots, spring onions/scallions, avocado slices and coriander/cilantro leaves) to serve with burritos
- 2 shallots OR 1 additional onion
- 2 spring onions/scallion

Herbs

- ½ cup chopped coriander/cilantro leaves OR sliced spring onions/scallions
- 2 bunches flat-leaf parsley leaves
- 2 tbsp thyme leaves OR 2 tsp dried thyme

Pantry items

- ¼ cup toasted almond slivers OR pine nuts
- 400g/14oz can black beans OR kidney beans
- 2 x 400g/14oz can cherry tomatoes OR chopped tomatoes
- 2 cups chicken stock
- 1 tbsp chipotles in adobo sauce
- dressings of your choice (such as sour cream, guacamole, tomato salsa or relish) to serve with burritos
- 4 soft flour tortillas
- 1 cup hummus
- 400g/14oz dried lasagne sheets
- 2 tbsp pomegranate molasses OR balsamic glaze
- 2 cups dried sliced shiitake mushrooms
- rice to serve with Tom Yum Mussel Bowl
- 1 cup sushi rice

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.