

# MEAL PLANNER SHOPPING LIST

## week two

Thursday and Friday's meals show just how versatile breakfast and brunch dishes can be – they make fab dinners too!



### MEAT-FREE MONDAY

Creamy Polenta with Balsamic Roasted Vegetables  
page 93



### TUESDAY

One-Pot Thai Beef Curry  
page 46

with rice and green veges



### WEDNESDAY

Chicken, Bacon and Mushroom Pasta  
page 51

with a green salad



### THURSDAY

All-Day Brunch Salad  
page 106

with boiled new potatoes



### FRIDAY

Hangover Noodles  
page 25

#### Meat and fish

- 10 rashers bacon (4 streaky)
- 1¼kg/2½lb stewing beef, such as blade, chuck or cheek
- 400g/14oz boneless, skinless chicken
- 200g/6½oz hot-smoked salmon

#### Dairy and eggs

- ½ cup grated cheese
- 1¼ cups (300ml) cream
- 9 eggs
- ¼ cup grated parmesan, plus extra to serve

#### Vegetables and fruit

- 1 cup bean sprouts OR finely shredded cabbage
- 2 beetroot
- 4 carrots
- 10 cloves garlic (1 bulb)
- 6cm/2¼in piece fresh ginger
- green salad ingredients of your choice to serve with Chicken, Bacon and Mushroom Pasta
- green veges of your choice to serve with One-Pot Thai Beef Curry
- 1 lemon
- 1 lime
- 250g/8oz mushrooms
- new potatoes to serve with All-Day Brunch Salad
- 2 onions
- 800g/1¾lb pumpkin
- 4 radishes
- 3 red onions
- 2 handfuls baby rocket/arugula, spinach OR watercress leaves
- 5 handfuls baby spinach leaves OR larger leaves
- 5 spring onions/scallions

#### Herbs

- ½ cup coriander/cilantro leaves
- ¼ cup chopped flat-leaf parsley leaves, plus extra to garnish
- 2 tsp thyme leaves

#### Pantry items

- ½ cup roasted almonds OR ½ cup roasted hazelnuts
- 4 cups beef stock
- 2 tbsp coarsely chopped capers OR baby capers
- 1 cup roasted cashews OR ½ cup roasted cashews and ½ cup peanuts
- 2 cups coconut cream
- 400g/14oz dried pasta shapes
- 1 cup instant polenta
- rice to serve with One-Pot Thai Beef Curry
- 150g/5oz dried rice noodles
- 4 cups vegetable stock
- 2 tbsp white wine OR vermouth (optional)
- a drizzle of Winter Herb Oil (see page 125) OR storebought pesto

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.

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a free range life