

annabel langbein
a free range life

MEAL PLANNER SHOPPING LIST

Week ONE

MAKE A BIG BATCH OF TERRACOTTA TOMATO SAUCE (SEE PAGE 58) AT THE WEEKEND TO POUR OVER A CHICKEN BAKE ON MONDAY, THEN MAKE DOUBLE BOLOGNAISE ON TUESDAY AND YOU'RE HALF WAY TO THURSDAY'S DINNER TOO.

Monday

TOSCANO CHICKEN BAKE
Page 60



Tuesday

SLOW-COOKER
BOLOGNAISE Page 89



Wednesday

CRISPY SALMON WITH
LEMONY LENTILS Page 20



Thursday

FAST-TRACK MOUSSAKA
Page 89



Friday

PAD THAI NOODLES
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Meat and fish

- 4-6 chicken legs
- 1 kg beef mince
- 10 rashers streaky bacon
- 6-8 x 150g boneless skin-on salmon fillets
- 18 large raw prawn tails or 2 boneless skinless chicken breasts

Dairy and eggs

- 2 cups grated parmesan
- 1 cup natural yoghurt
- 1 cup sour cream
- 6 eggs

Vegetables and fruit

- 3 large eggplant
- 2 red peppers or roasted red peppers from a jar
- 1 large carrot
- 2 onions
- 2 red onions
- 1 leek
- 4 spring onions
- 2 handfuls bean sprouts
- 9 cloves garlic
- 3-4 long chillies or 1-2 tsp chilli paste
- 3 lemons
- 2 limes

Herbs

- 1 cup coriander leaves
- 4 tsp chopped rosemary leaves
- ¼ cup chopped flat-leaf parsley leaves

Pantry items

- 2 cups Terracotta Tomato Sauce (see page 58) or storebought tomato pasta sauce
- 3 x 400g cans chopped tomatoes
- 2 cups le puy or beluga lentils
- 400g dried rice stick noodles
- 2 cups chicken, fish or vegetable stock
- 1 cup white wine
- 12-16 pitted kalamata olives
- 1 cup roasted peanuts
- 4 tbsp capers

For recipes see my winter annual *Annabel Langbein A Free Range Life: Winter Goodness*

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.