

annabel langbein  
a free range life

# MEAL PLANNER SHOPPING LIST

Week TWO

LET THE OVEN DO THE WORK WITH A WEEKNIGHT ROAST, AND THROW IN AN EXTRA TRAY OF VEGES TO HAVE IN A SALAD WITH LEFTOVER COLD MEAT THE NEXT NIGHT. MY FIVE-MINUTE PIZZA BASES MAKE FRIDAY NIGHT A BREEZE!

Monday

NO-STIR SMOKED  
CHICKEN RISOTTO Page 56



Tuesday

ROAST LEG OF LAMB  
+ VEGES Page 98+100



Wednesday

ABUNDANCE BOWL + COLD  
ROAST LAMB Page 33



Thursday

MUSSEL AND CHORIZO POT  
Page 61



Friday

PIZZA BAR  
Page 78



## Meat and fish

- 1 large chorizo sausage
- 1.5kg fresh mussels in the shell
- about 200g smoked chicken
- about 1.5kg carvery leg of lamb
- pizza toppings of your choice, such as ham or salami

## Dairy and eggs

- 100g feta
- 50g parmesan
- grated mozzarella or cheddar, or a mix of mozzarella and parmesan
- 4 cups natural greek yoghurt

## Vegetables and fruit

- about 650g pumpkin
- 200g mushrooms
- 5-6 handfuls of baby spinach or spinach leaves
- pizza toppings of your choice, such as mushrooms or red pepper
- 5 cloves garlic
- 2 lemons
- your choice of pumpkin, potatoes, beets, broccoli and carrots to go with roast lamb (see page 100)

## Herbs

- mint leaves or dill
- 20 small sprigs rosemary + 1 tbsp chopped rosemary
- 2 tbsp chopped parsley leaves

## Pantry items

- 2 cups Terracotta Tomato Sauce (see page 58) or storebought tomato pasta sauce
- 1 cup Sofrito Flavour Base (see page 54) or 1 diced onion and 2 cloves garlic
- ¼ cup Lemony Tahini Dressing (see page 40) or your favourite vinaigrette
- 1 cup Homemade Tomato Sauce (see page 79) or storebought tomato pizza sauce
- 2 cups risotto rice
- 1 cup cooked chickpeas or lentils
- 4 cups vegetable or chicken stock
- 1 cup white wine
- 2 tbsp pistachios

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.