

annabel langbein
a free range life

MEAL PLANNER SHOPPING LIST

Week EIGHT

COOK UP A BIG POT OF SOUP AT THE WEEKEND FOR MONDAYS DINNER AND LUNCHES DURING THE WEEK. ROAST BEEF DOES DOUBLE DUTY WITH A SALAD ON WEDNESDAY, AND LAKSA MAKES FOR A STRESS-FREE FRIDAY NIGHT.

Monday

SPICY BEAN AND
CHORIZO SOUP Page 45



Tuesday

ROAST BEEF + VEGES
Page 98+100



Wednesday

HARVEST BOWL + COLD
ROAST BEEF Page 37



Thursday

GINGER CHILLI DUCK WITH
PERSIMMON Page 141



Friday

SEAFOOD LAKSA
Page 72



Meat and fish

- 1 large bacon hock
- 2 chorizo sausages
- 1.5kg piece sirloin
- 500g skinless, boneless white fish
- 150g raw squid rings or prawn tails
- 2 duck leg quarters

Dairy and eggs

- ½ cup crème fraîche
- 4 hard-boiled eggs

Vegetables and fruit

- 1½ cups small broccoli florets
- 1 red pepper or 6-8 cherry tomatoes
- ½ cup corn kernels
- ½ telegraph cucumber
- 2 handfuls bean sprouts
- a handful of microgreens or sprouts
- 2 large onions
- 2 spring onions
- 6 large cloves garlic
- 20 very thin slices of fresh ginger
- 1 tbsp finely grated ginger
- 3 long red chillies
- 2 limes
- 2 garlic cloves
- 2 oranges
- 1 just-ripe persimmon
- your choice of pumpkin, potatoes, beets, broccoli and carrots to go with roast beef (see page 100)

Herbs

- a handful each of coriander and mint leaves
- ½ cup chopped flat-leaf parsley leaves
- 2 tbsp chopped chives
- a handful of basil leaves

Pantry items

- ½ cup Citrus Chilli Dressing (see page 41) or your favourite Asian dressing
- 2 x 400g cans chopped tomatoes
- 3 x 400g cans of beans or 3½ cups cooked beans
- 1 cup lentils
- 1 cup dried split beans
- 1 cup cooked quinoa and buckwheat
- 250g dried rice stick noodles
- 4 cups chicken or fish stock
- 1¾ cups coconut cream
- 2 tsp chipotle peppers in adobo sauce
- 2 tbsp toasted pumpkin seeds

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.