

EASY CHOICE FAMILY KAI | SUMMER WEEK 1

THIS WEEK'S RECIPES

- Chicken banh mi
- Mexican stuffed potatoes
- Tuna corn croquettes
- Hawaiian pizzas
- Falafel pita pockets

STAPLES FOR THE WEEK

- breadcrumbs
- chilli powder (optional)
- coriander, fresh (optional)
- cumin, ground
- fish sauce
- flour, plain and self-raising
- garlic – cloves or crushed
- ginger – fresh or crushed
- honey
- mayonnaise
- milk
- mint, fresh (optional)
- mixed herbs, dried
- oil – vegetable, olive or canola
- oregano, dried
- paprika
- pepper
- salt, iodised
- soy sauce
- sugar
- sweet chilli sauce
- thyme, dried (optional)
- vinegar – white, rice or balsamic

SHOPPING LIST

BUTCHERY

- beef mince – 500g
- chicken breast, boneless and skinless – 500g

CHILLED

- bacon, middle – 200g
- cheese, Edam – 500g
- milk – 1 litre

FROZEN

- green peas – 1kg

GROCERY

- baguettes – 2
- chickpeas – 2 cans
- corn kernels – 1 can
- creamed corn – 1 can
- kidney beans – 1 can
- pineapple chunks in juice – 1 can (225g)
- pita breads, wholemeal – 8-10
- tomatoes, chopped – 2 cans
- tuna in springwater – 1 can (425g)

PRODUCE

- capsicum – 1
- carrots – 5
- cucumber – 1
- iceberg lettuce – 1
- mung bean sprouts – 200g
- onions – 3
- potatoes – 12
- spring onions – 1 bunch
- tomatoes – 6

EASY CHOICE FAMILY KAI | SUMMER WEEK 2

THIS WEEK'S RECIPES

Sausage pasta

Okonomiyaki

Chicken drumsticks with potato salad

Beef burger with coleslaw & wedges

Tuna pasta salad

STAPLES FOR THE WEEK

BBQ sauce (optional)
cayenne pepper (optional)
chilli – powder or fresh (optional)
flour, plain
garlic, cloves or crushed
lemon juice
mustard, Dijon is preferred but any type will be suitable (optional)
oil – vegetable, olive or canola
oregano, dried
paprika
parsley, fresh (optional)
pepper
salt, iodised
sugar
sweet chilli sauce (optional)
tomato sauce
vinegar, white

SHOPPING LIST

BUTCHERY

beef mince – 500g
chicken drumsticks – 10 drumsticks (approx. 1kg)
pork sausages – 6

CHILLED

bacon, middle – 200g
cheese, Edam – 250g

FROZEN

mixed vegetables – 1kg

GROCERY

corn kernels – 1 can
eggs – 12
hamburger buns – 6
lentils – 1 can
mayonnaise, light – 400g jar
penne pasta – 500g
tomatoes, chopped – 2 cans
tuna in spring water – 425g can

PRODUCE

baby spinach – 120g bag
cabbage – 1/2
carrots – 4
onions – 3
potatoes – 10 medium (approx 1.5 kg)
spring onions – 1 bunch
tomatoes – 5

EASY CHOICE FAMILY KAI | SUMMER WEEK 3

THIS WEEK'S RECIPES

Bean burritos

Moussaka with salad

Hawaiian fried rice

Rice crusted quiche

Vietnamese chicken noodle salad

STAPLES FOR THE WEEK

chilli powder or flakes (optional)
cumin, ground
garlic – cloves or crushed
ginger – fresh or crushed
milk
mint, fresh (optional)
mixed herbs, dried
nutmeg (optional)
oil – vegetable, olive or canola
oregano, dried
paprika
pepper
salt
soy sauce
sugar
vinegar (balsamic or apple
cider) or lemon juice

SHOPPING LIST

BUTCHERY

beef mince – 500g
chicken breast, boneless – 500g

CHILLED

cheese – 250g
ham – 400g

FROZEN

mixed vegetables – 1kg

GROCERY

black beans – 1 can
brown rice – 1kg (long grain)
chilli beans – 1 can
eggs – 12
pineapple pieces in juice – 1 can
(425g)
sweet chilli sauce – 1 bottle
tomatoes, chopped – 3 cans
tortillas – 12
vermicelli noodles – 200g

PRODUCE

capsicum – 1
carrots – 6
courgettes – 3
cucumber – 1
eggplants (aubergines) – 2 large
iceberg lettuce – 1
lemon – 1
onions – 4
spring onions – 1 bunch
tomatoes – 5



EASY CHOICE FAMILY KAI | SUMMER **WEEK 4**

THIS WEEK'S RECIPES

- Turkish koftas with couscous
- Courgette burgers with garlic wedges
- Moroccan chicken couscous
- Summer vegetable slice with garlic beans
- Niçoise salad

STAPLES FOR THE WEEK

- chilli powder (optional)
- cinnamon, ground (optional)
- coriander, fresh (optional)
- cumin, ground
- flour, plain
- flour, self-raising
- garlic – cloves or crushed
- ginger – fresh or crushed
- mayonnaise
- mustard, Dijon is preferred but any type will be suitable (optional)
- oil – vegetable, olive or canola
- paprika
- parsley, fresh (optional)
- pepper
- salt (iodised)
- skewers – bamboo or metal
- soy sauce
- stock – chicken or vegetable (liquid or cubes)
- sultanas or raisins (optional)
- turmeric (optional)

SHOPPING LIST

BUTCHERY

- beef mince – 500g
- chicken breast, boneless – 500g

CHILLED

- bacon, middle – 200g
- cheese, Edam – 250g

FROZEN

- green beans – 1kg

GROCERY

- chickpeas – 1 can
- couscous, instant – 1kg
- eggs – 12 pack
- hamburger buns – 6 pack
- lentils – 1 can
- tuna in springwater – 425g can

PRODUCE

- capsicum – 1
- carrots – 7
- courgettes – 6
- iceberg lettuce – 1
- lemons – 1
- onions – 5
- potatoes – 12/1.8kg
- tomatoes – 5