



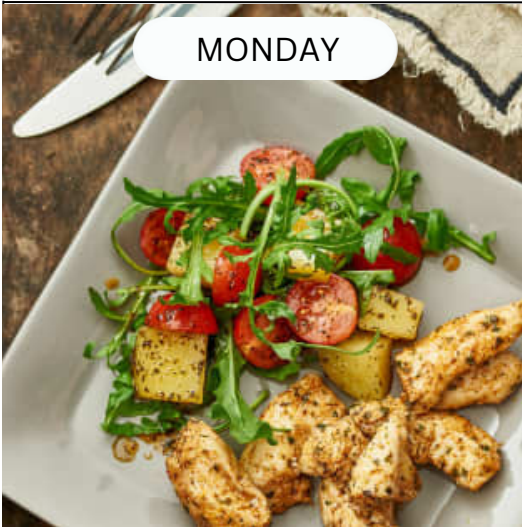
Julie Carlyle
ThermoKitchen

Budget Winter Meal Plan

MENU

1. Chicken & Warm
Potato Salad
2. Tuscan Bean Soup
3. Meatballs &
Mushroom Sauce
4. Warm Sweet
Potato & Chick Pea
5. Salmon, Rice &
Creamy Dill Sauce
6. Coconut & Red
Curry Fish Soup
7. Pumpkin & Bacon
Risotto

MONDAY



TUESDAY



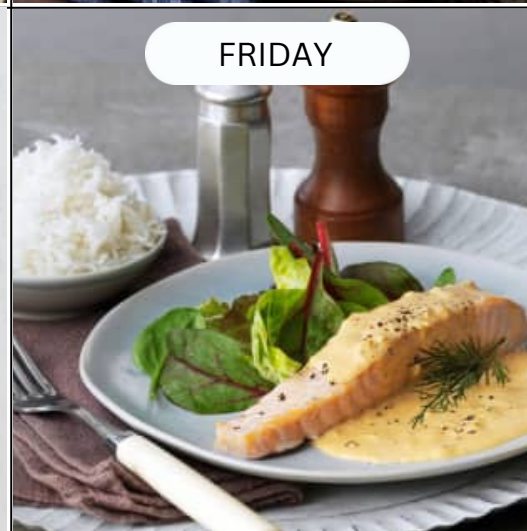
WEDNESDAY



THURSDAY



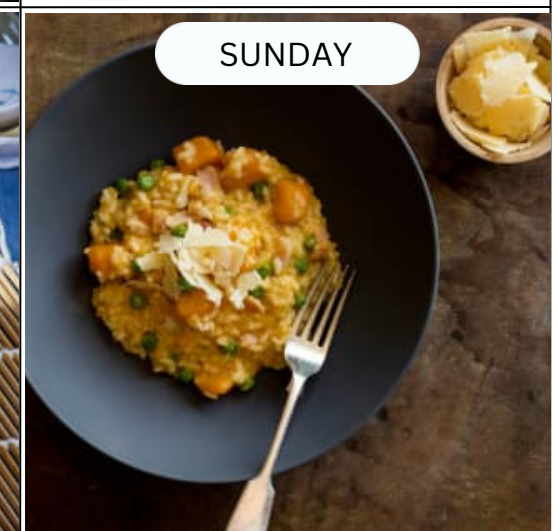
FRIDAY



SATURDAY



SUNDAY





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How to Use the Meal Plan

Shopping List

Open the Cookidoo shopping list by selecting "SHOW INGREDIENTS" and mark off all the items you have in the pantry. 2.

Compare Pricing

Once your shopping is complete compare the cost of the shop. If you purchased just the items I had on the shopping list you should be under \$200. 4.

Cookidoo

1. Open Cookidoo and search for the recipes shown on the meal plan. Add them to your "MY WEEK" and also add them to your shopping list

Swap Brands

3. Select "ORDER ITEMS" go through and carefully SWAP pre-selected brands for cheaper brands until your shopping list is complete.

Order

5. Order the groceries. You may need to freeze the fish and meat, or have it early in the week to ensure that it remains fresh.

Super TIP

Add the meal plan to a created collection so the recipes are easily accessible for next time.

Shopping List

- 25g flaked almonds
- 30g brown sugar
- 120g white wine (verjuice)
- 250g basmati rice
- 320g risotto rice
- 100g bacon
- 150g pancetta
- 80g butter
- 200g, 400g cream
- 30g, 170g parmesan cheese
- 10g butter
- 4 salmon fillets
- 500g white fish fillets
- 500g beef rump steak
- 800g skinless chicken breast
- 60g frozen peas
- 15g, 1, lime juice (2 limes)
- 40g lemon juice (1 lemon)
- 1 TBS Red Curry Paste
- 400g can cannellini Beans
- 800g can chickpea
- 400g can tomato
- 400g can coconut milk
- 400g can kidney beans
- 1 1/2 TBS tomato Puree
- 1/2 red onion
- 120-140g rocket
- 30g, 90g, 30g shallot
- 500g, 300g sweet potato
- 100g zucchini
- 200g button mushrooms
- 1 carrot
- 2 celery stalks
- 200g x 2 cherry tomatoes
- fresh basil, coriander, dill,
- flat leaf parsley, rosemary,
- thyme, garlic
- 30g ginger
- 1/2, 1/2, 60g onion
- 650g potatoes
- 300g pumpkin
- 1 red chili pepper
- 6 slices, 80g bread
- 1 egg



Pantry List

- vegetable oil
- olive oil
- sugar
- dried thyme
- dried parsley
- dried basil
- cayenne pepper
- dried chilli flakes
- apple cider vinegar
- white wine vinegar
- salt
- garlic powder
- black pepper
- sweet paprika
- dried mixed herbs
- vegetable stock paste
- vegetable stock powder
- cornflour
- milk
- cinnamon
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