

YOUR BASE IS:

FLOUR

RECIPES

YOUR SHOPPING LIST

ITEM	COST
<input type="checkbox"/> 12 X EGGS	\$3
<input type="checkbox"/> PLAIN FLOUR	\$0.75
<input type="checkbox"/> 800G TINNED TOMATOES	\$1.20
<input type="checkbox"/> 500G SPLIT PEAS	\$1.65
<input type="checkbox"/> FROZEN VEGETABLES	\$1
<input type="checkbox"/> BANANAS	\$2 WORTH
<input type="checkbox"/> FRUIT	AS MUCH AS POSSIBLE!
TOTAL COST FOR THE WEEK:	\$9.6

Banana Pancakes (Serves 1)

- Mash one banana, add an egg and beat until combined
- Add 30 grams of flour and mix to a batter
- Heat a non-stick pan to a high heat and cook the pancake batter (it should make roughly three pancakes)
- You will have four eggs left over so you can serve the pancakes with an egg or boil the eggs for a snack!

Split pea soup (Serves 5)

- In a large pot combine the split peas (500g) and 2L of boiling water, cook for 1 ½ hours on a low heat, stirring occasionally.
- In the last 30 minutes of cooking add the chopped up vegetables
- Serve with flatbread

Flatbread

- Mix a little water with flour until a soft, sticky dough is formed
- Roll the dough out
- Heat a non-stick pan to a high heat
- Fry on either side for about a minute or until golden brown

Fresh Pasta (Serves 5)

- 400g flour, 3 eggs, enough water
- Mix 400g flour, 3 eggs and enough water to form a stiff dough
- Knead until smooth
- Wrap in cling wrap and refrigerate for at least 2 hours
- Knead again and roll out until 1mm thick. Cut into fettuccine-width strips and lightly dust with flour to prevent them sticking together.

Pasta and Sauce (Serves 1)

- Heat a pot of boiling water on the stove
- Add a serving of fresh pasta to the boiling water and cook for 3 minutes
- Drain well
- Heat 160g of tinned tomatoes in a small pot and add it to the pasta

MEAL PLAN

FLOUR



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Pancakes	Pancakes	Pancakes	Pancakes	Pancakes
LUNCH	Split Pea Soup & Flatbread	Split Pea Soup & Flatbread	Split Pea Soup & Flatbread	Split Pea Soup & Flatbread	Split Pea Soup & Flatbread
DINNER	Fresh Pasta & Sauce	Fresh Pasta & Sauce	Fresh Pasta & Sauce	Fresh Pasta & Sauce	Fresh Pasta & Sauce
SNACK	Fruit or Boiled Egg	Fruit or Boiled Egg	Fruit or Boiled Egg	Fruit or Boiled Egg	Fruit or Boiled Egg

you got this!

keep up the good work!

Almost there!



YOUR BASE IS:
RICE

RECIPES

YOUR SHOPPING LIST

ITEM	COST
<input type="checkbox"/> 1KG RICE	\$ 1.4
<input type="checkbox"/> COCONUT MILK	\$ 0.95
<input type="checkbox"/> BREAD	\$ 0.85
<input type="checkbox"/> JAM	\$ 1.4
<input type="checkbox"/> 1KG FROZEN VEG	\$ 1.59
<input type="checkbox"/> 12 X EGGS	\$ 3.00
<input type="checkbox"/> FRUIT	AS MUCH AS POSSIBLE!
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TOTAL COST FOR THE WEEK:	\$9.19

Rice Pudding (Serves 5)

- Rinse 200g of rice under water until the water runs clear
- Combine the coconut milk and 1L of water in a large pan
- Add the rice, bring to boil and reduce heat to medium-low. Cook, stirring for 120 minutes until the rice is tender.
- Serve warm or cold with a bit of jam!

Veg Frittata (Serves 5)

- Add 500g of the frozen vegetables to a high-sided fry pan on a high heat
- Beat 5 eggs together
- Pour the eggs over the vegetables and turn the heat to low
- Cook for 8-10 minutes or until the egg begins to set.
- Finish cooking on the stove or place under a pre-heated grill until golden
- Cut into five wedges - serve hot or cold

Fried Rice (Serves 5)

- Cook 375 grams of rice
- Heat to high, a large non-stick fry pan
- Beat one egg at a time and fry in the pan, lift out and cut into thin strips
- Add 500g of frozen vegetables and cook through
- Add the cooked rice and egg.

MEAL PLAN

RICE



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Rice Pudding	Rice Pudding	Rice Pudding	Rice Pudding	Rice Pudding
LUNCH	Vege Fritatta	Vege Fritatta	Vege Fritatta	Vege Fritatta	Vege Fritatta
DINNER	Fried Rice	Fried Rice	Fried Rice	Fried Rice	Fried Rice
SNACK	Boiled Egg & Jam Toast	Fruit	Boiled Egg & Jam Toast	Fruit	Boiled Egg & Jam Toast

Great work!

you got this!

you're halfway!

Almost there!



YOUR BASE IS:

PASTA

RECIPES

YOUR SHOPPING LIST

ITEM

<input type="checkbox"/>	1KG PASTA	\$ 1.3
<input type="checkbox"/>	TINNED TOMATOES	\$ 1.8
<input type="checkbox"/>	FROZEN VEGETABLES	\$ 1.59
<input type="checkbox"/>	500G SPLIT PEAS	\$ 1.65
<input type="checkbox"/>	750G OATS	\$ 1.10
<input type="checkbox"/>	STOCK	\$ 1
<input type="checkbox"/>	BANANAS	AS MANY AS POSSIBLE!

Porridge (1 serve)

- Measure half a cup of oats into a bowl and add one cup of water
- Heat in 1 ½ minute intervals in the microwave until it reaches the desired consistency
- If you have spare bananas add some sliced banana :)

Split pea and vegetable soup (5 serves)

- Make 2L of stock
- In a large pot combine the split peas (500g) and stock, cook for 1 ½ hours on a low heat, stirring occasionally.
- In the last 10 minutes of cooking add 200g of frozen veg.
- Before serving chop up some spaghetti into small piece, cook separately and add to a serving of soup

Pasta Napolitana

- In a large saucepan heat the tinned tomatoes with 1 cup of stock
- Add in 800g of frozen vegetables and cook until soft.
- To serve cook 100g of spaghetti per person and serve with the sauce on top!

TOTAL COST FOR THE WEEK:

\$8.44

MEAL PLAN

PASTA



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Porridge	Porridge	Porridge	Great work! Porridge	Porridge
LUNCH	Split Pea & Vegetable Soup	Split Pea & Vegetable Soup	Split Pea & Vegetable Soup	Split Pea & Vegetable Soup	Split Pea & Vegetable Soup
DINNER	Pasta Napolitana	Pasta Napolitana	Pasta Napolitana	Pasta Napolitana	Pasta Napolitana
SNACK	Banana	Banana	Banana	Banana	Banana

you got this!

you're halfway!

Mamma mia!



YOUR BASE IS:

POTATO

RECIPES

YOUR SHOPPING LIST

ITEM

<input type="checkbox"/>	PASTA SAUCE	\$1.7
<input type="checkbox"/>	2KG POTATOES	\$3
<input type="checkbox"/>	500G PASTA	\$0.65
<input type="checkbox"/>	2X TINS OF BAKED BEANS	\$1.38
<input type="checkbox"/>	3X CANS OF TUNA	\$2.4
<input type="checkbox"/>	FRUIT	AS MUCH AS POSSIBLE!

TOTAL COST FOR THE WEEK:

\$9.13

Hash Browns (serves 1)

- Grate a potato and squeeze the water out as well as you can
- Heat a non-stick pan to a very high heat and add the potato
- Keep the potato moving so it doesn't burn
- Serve with 170g of baked beans

Pasta and Sauce (serves 1)

- Cook 100g of pasta
- Serve with 1/2 of the jar of pasta sauce

Baked Potato and Tuna

- Preheat oven to 150 degrees celsius
- Scrub the potato, pierce it several times with a fork, place in the oven for 90 minutes
- Slice the potato down the centre, serve with some of the tuna and oil

MEAL PLAN

POTATO



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Hashbrowns & baked beans	Hashbrowns & baked beans	Hashbrowns & baked beans	Hashbrowns & baked beans	Hashbrowns & baked beans
LUNCH	Pasta & Sauce	Pasta & Sauce	Pasta & Sauce	Pasta & Sauce	Pasta & Sauce
DINNER	Baked Potato with Tuna	Baked Potato with Tuna	Baked Potato with Tuna	Baked Potato with Tuna	Baked Potato with Tuna
SNACK	Fruit	Fruit	Fruit	Fruit	Fruit

keep it up!

you got this!

you're halfway!

Almost there!