

SHOPPING LIST



VEGGIES TO ROAST

- 1/2 large butternut pumpkin
- 1-2 sweet potatoes
- 3-4 zucchinis
- 2 large red capsicums
- 2 punnets cherry tomatoes
- 2-3 red onions

Note: these quantities are approximately enough to make 2-3 meals for a family of 4. But quantities are very flexible - increase or decrease based on your family's needs.

OTHER ITEMS

- a grain - e.g. rice, quinoa, couscous, freekeh, etc or pasta e.g. spirals or shells
- a green - baby spinach, kale or rocket
- a bean - (tinned cannellini, butter beans or chickpeas)
- eggs (free range)
- cheese - feta/goats, tasty
- Lebanese or pita bread or additive-free wraps
- chicken or vegetable stock

OPTIONAL EXTRAS

- whole chicken or enough sausages to feed your family (or other chosen protein)
- sourdough bread
- avocado
- dip - e.g. hummus or pesto

EQUIPMENT NEEDED FOR THE PREP SESSION

- a sharp knife
- a chopping board
- 2-3 baking trays (lined with baking paper for easy cleanup)
- an oven
- plastic or glass containers for storage



Meal Plan Masterclass

THE MAGIC FORMULA



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8 DIFFERENT MEALS!!

(See your recipe sheet)

FIVE MEALS YOU CAN MAKE THIS WEEK

TOP 5 MEAL PLANNING TIPS

3 THINGS YOU CAN PREP *EVERY WEEK*
