

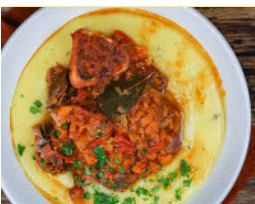


SKINNYMIXERS MEAL PLAN 4

Meal plan to make the week ahead easier!



Honey Lemon Wings (SkinnyEnt)
served with stir fry vegetables & rice



Osso Buco (SkinnyEnt)
served with vegetables



Rigatoni Alla Vodka
served with shredded chicken or grilled chicken



Beef Scallopini (SkinnyEnt)
served with mash & green beans



The Perfect Roast Chicken (skinnyEnt)
served with roasted vegetables & Twice Cooked Potatoes (skinnyEnt)



Vegetarian Mulligatawny Soup



Blueberry & Ricotta Mini Pancakes



Mexican Rice Salad
(SkinnyEnt)
+ protein



Sicilian Pizza
(SkinnyEnt)

MEAL PLAN 4 - INSPIRATION FROM THE SKINNYMIXERS BLOG & SKINNYENT

dried herbs & spices

coriander powder
cracked black pepper
cumin powder
dried basil
dried bay leaves
dried oregano leaves
dried thyme
garam masala
garlic powder
ginger powder
ground chilli powder
ground white pepper
mustard powder
onion powder
turmeric powder
red bell pepper flakes
Rosemary Salt

pantry staples

Baker's flour
baking powder
brown rice
coconut milk 270 g
cornflour
dried split red lentils
dried yeast
dry white wine or verjuice
durum wheat rigatoni pasta
honey
light soy sauce
Marsala, dry white wine or verjuice
olive oil
passata
pickled jalapeños
plain flour
salt
sesame seeds
sugar
tin diced tomatoes 400g x 4
tin Mexican beans 400 g
tomato paste
vanilla paste
vodka
Worcestershire sauce

** note - shopping list excludes sides:

vegetables and/or mash
rice
chicken (if using with pasta)
protein of choice with rice salad

dairy, fridge & freezer

butter
cream 250g
grated cheese of choice
milk
Parmigiano Reggiano
smooth ricotta 375 g

herbs, fruit & vegetables

apple 80 g
blueberries (fresh or frozen) 150 g
brown onions
carrots
celery
flat leaf parsley leaves
fresh basil leaves
fresh coriander leaves
fresh ginger
fresh lemon juice
fresh lime juice
fresh rosemary sprigs 30 g
fresh rosemary leaves
frozen corn kernels
garlic
green beans 400 g
green capsicum 150 g
Kestrel potatoes 500 g
potato 150 g
red capsicum 100 g
red onion
Roma tomatoes 250 g
shallots 1
spring onion
Swiss brown mushrooms 200 g
waxy potatoes (Kipfler or Kestrel) 700 g

protein & eggs

chicken 1 whole
chicken nibbles 2 kg or 1kg tenderloins
eggs
lean beef steak 700 g (or slow cook 1.5kg)
meaty Osso Buco pieces 1.5-2 kg
shredded cooked chicken 300g (opt soup)

make ahead

Stock Concentrate
Rosemary Salt
Pizza Sauce

