

MONTHLY SHOP CURATED BY IAN HASTE

1 BIG SHOP. 1 MONTH. 28 MEALS.

WEEK 3

MENU FOR THE WEEK AHEAD

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MONDAY

Spaghetti bolognese

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TUESDAY

Singapore king prawn noodles

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WEDNESDAY

Sweet potato vegetable chilli bake

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THURSDAY

Double veggie mac & fries

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FRIDAY

Scampi & chips with peas & tartare sauce

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SATURDAY

Vietnamese meatball noodles

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SUNDAY

Pulled beef casserole

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SHOPPING LIST FOR THE WEEK AHEAD

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Everything else you need for the week ahead can be found in your Bidfood at home Monthly Shop.

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VEGETABLES

- 1 x mixed bell pepper
- 750g sweet potatoes
- 90g mixed baby leaf salad
- 1 x romaine lettuce
- 100g tenderstem broccoli
- 1 x red onion
- 25g x fresh root ginger
- 1 x bunch of spring onions

HERBS

- 25g chives
(freeze 10g for week 4)

FRUIT

- 1 x lemon
- 1 x lime

