

# WEEK 1 : MEAL PLAN

**Meal 1 - Mince Bolognaise**

**Meal 2 - Curried Sausages**

**Meal 3 - Chicken Casserole**

**Meal 4 - Beef Casserole**

**Meal 5 - Beef Stew**

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## **ADDITIONAL INGREDIENTS (TO SERVE WITH EACH MEAL WHEN COOKED)**

Meal 1 - 400g spaghetti

Meal 2 - 4 potatoes & 2 carrots

Meal 3 - 4 potatoes

Meal 4 - 4 potatoes

Meal 5 - 4 potatoes & 1 head of broccoli

## **ALL RECIPES FOLLOW THE SAME COOKING METHOD:**

1. In a snaplock bag, add all ingredients and freeze.
2. Remove from the freezer the night before so it defrosts overnight.
3. Place the ingredients in a slow cooker and cook according to cooking time on the recipe.
4. If there is quite a bit of liquid, thicken with 2 Tbsp flour mixed with a small amount of water and stir through, cook on high for 10-15 mins to thicken up. Add more flour/water mix if needed.
5. Season and serve.

## INGREDIENT LIST – TAKE THIS SHOPPING AT PAK'nSAVE!

Quantity	Item	Recipes	Sides
<b>Fresh Produce</b>			
5	Onions	1,2,3,4,5	
19	Mushrooms	1,3,4,5	
4	Carrots	1	2
2	Kumara	3,4	
1/4	Pumpkin	4	
16	Potatoes		2,3,4,5
1	Broccoli		5
2	Garlic cloves	5	
<b>Meat &amp; Seafood</b>			
400g	Beef mince	1	
8	Sausages	2	
8	Chicken drumsticks	3	
200g	Bacon	3	
800g	Stewing beef	4,5	
<b>Frozen</b>			
2 cups	Frozen mixed veges	4	
<b>Canned and Packaged</b>			
3 tins	Tomatoes	1,4,5	
1 jar	Pasta sauce	1	
400g	Spaghetti		1
1 can	Creamy chicken soup	3	
1 can	Whole kernel corn	3	
1 packet	Mushroom soup mix	3	
1 packet	Beef Bourguignon mix	4	
<b>Pantry Items</b>			
1 tsp	Curry powder	2	
1/2 tsp	Sugar	2	
1 Tbsp	Soy sauce	5	
1 Tbsp	Worchestershire sauce	5	
2 tsp	Brown sugar	5	
1 tsp	Mixed herbs	5	

## **MEAL 1: MINCE BOLOGNAISE**

### **Slow Cooker Ingredients**

400g beef mince  
1 onion, diced  
5 mushrooms, sliced  
1 tin tomatoes  
1 jar pasta sauce  
2 carrots, grated

### **Sides Ingredients**

400g spaghetti

### **Cooking Notes**

1. Cook for 5-6 hours on low.

\*\*Serve with spaghetti.

## **MEAL 2: CURRIED SAUSAGES**

### **Slow Cooker Ingredients**

8 sausages  
1 onion, diced  
1 tsp curry powder  
½ tsp sugar

### **Sides Ingredients**

4 potatoes  
2 carrots

### **Cooking Notes**

1. Place ingredients in slow cooker with 1 cup of water and cook for 3-4 hours on low.

\*\*Serve with mashed potatoes and steamed carrots

## **MEAL 3: CHICKEN CASSEROLE**

### **Slow Cooker Ingredients**

8 chicken drumsticks  
200g bacon  
6 mushrooms, diced  
1 kumara, diced  
1 onion, diced  
1 can whole kernel corn  
1 can Creamy Chicken Soup  
1 packet Mushroom Soup Mix

### **Sides Ingredients**

4 potatoes

### **Cooking Notes**

1. Cook for 5-6 hours on low; until the chicken is falling off the drumsticks.

\*\*Serve with mashed potatoes.

## **MEAL 4: BEEF CASSEROLE**

### **Slow Cooker Ingredients**

400g beef, diced  
1 onion, diced  
4 mushrooms, diced  
1 kumara, diced  
¼ pumpkin, diced  
2 cups frozen mixed veges  
1 packet Beef Bourguignon mix  
1 tin tomatoes

### **Side Ingredients**

4 potatoes

### **Cooking Notes**

1. Cook for 5-6 hours on low.

\*\*Serve with mashed potatoes.

## **MEAL 5: BEEF STEW**

### **Slow Cooker Ingredients**

400g beef, diced  
1 onion, diced  
4 mushrooms, diced  
2 garlic cloves, diced  
1 Tbsp soy sauce  
1 Tbsp Worcestershire sauce  
2 tsp brown sugar  
1 tsp mixed herbs  
1 tin tomatoes

### **Sides Ingredients**

4 potatoes  
1 broccoli

### **Cooking Notes**

1. Cook for 5-6 hours on low; until the meat is easily falling apart.

\*\*Serve with mashed potatoes and steamed broccoli