

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!