



YOUR BASE IS:

POTATO

RECIPES

## YOUR SHOPPING LIST

ITEM

<input type="checkbox"/>	PASTA SAUCE	\$1.7
<input type="checkbox"/>	2KG POTATOES	\$3
<input type="checkbox"/>	500G PASTA	\$65
<input type="checkbox"/>	2X TINS OF BAKED BEANS	\$1.38
<input type="checkbox"/>	3X CANS OF TUNA	\$2.4
<input type="checkbox"/>	FRUIT	AS MUCH AS POSSIBLE!

TOTAL COST FOR THE WEEK:

\$9.13

### Mash Browns (serves 1)

- Grate a potato and squeeze the water out as well as you can
- Heat a non-stick pan to a very high heat and add the potato
- Keep the potato moving so it doesn't burn
- Serve with 170g of baked beans

### Pasta and Sauce (serves 1)

- Cook 100g of pasta
- Serve with 1/2 of the jar of pasta sauce

### Baked Potato and Tuna

- Preheat oven to 150 degrees celsius
- Scrub the potato, pierce it several times with a fork, place in the oven for 90 minutes
- Slice the potato down the centre, serve with some of the tuna and oil

# MEAL PLAN

## POTATO



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Hashbrowns & baked beans	Hashbrowns & baked beans	Hashbrowns & baked beans	Hashbrowns & baked beans	Hashbrowns & baked beans
LUNCH	Pasta & Sauce	Pasta & Sauce	Pasta & Sauce	Pasta & Sauce	Pasta & Sauce
DINNER	Baked Potato with Tuna	Baked Potato with Tuna	Baked Potato with Tuna	Baked Potato with Tuna	Baked Potato with Tuna
SNACK	Fruit	Fruit	Fruit	Fruit	Fruit

Great work!

you got this!

you're halfway!

Almost there!