



YOUR BASE IS:  
**RICE**



# RECIPES

## YOUR SHOPPING LIST

ITEM	COST
<input type="checkbox"/> 1KG RICE	\$ 1.4
<input type="checkbox"/> COCONUT MILK	\$ 0.95
<input type="checkbox"/> BREAD	\$ 0.85
<input type="checkbox"/> JAM	\$ 1.4
<input type="checkbox"/> 1KG FROZEN VEG	\$ 1.59
<input type="checkbox"/> 12 X EGGS	\$ 3.00

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**TOTAL COST FOR THE WEEK: \$9.19**

### Rice Pudding (Serves 5)

- Rinse 200g of rice under water until the water runs clear
- Combine the coconut milk and 1L of water in a large pan
- Add the rice, bring to boil and reduce heat to medium-low. Cook, stirring for 120 minutes until the rice is tender.
- Serve warm or cold with a bit of jam!

### Veg Frittata (Serves 5)

- Add 500g of the frozen vegetables to a high-sided fry pan on a high heat
- Beat 5 eggs together
- Pour the eggs over the vegetables and turn the heat to low
- Cook for 8-10 minutes or until the egg begins to set.
- Finish cooking on the stove or place under a pre-heated grill until golden
- Cut into five wedges - serve hot or cold

### Fried Rice (Serves 5)

- Cook 375 grams of rice
- Heat to high, a large non-stick fry pan
- Beat one egg at a time and fry in the pan, lift out and cut into thin strips
- Add 500g of frozen vegetables and cook through
- Add the cooked rice and egg.

# MEAL PLAN

## RICE



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Rice Pudding	Rice Pudding	Rice Pudding	Rice Pudding	Rice Pudding
LUNCH	Vege Fritatta	Vege Fritatta	Vege Fritatta	Vege Fritatta	Vege Fritatta
DINNER	Fried Rice	Fried Rice	Fried Rice	Fried Rice	Fried Rice
SNACK	Boiled Egg & Jam Toast	Boiled Egg & Jam Toast	Boiled Egg & Jam Toast	Boiled Egg & Jam Toast	Boiled Egg & Jam Toast

Great work!

you got this!

you're halfway!

Almost there!