



YOUR BASE IS:

PASTA

RECIPES

YOUR SHOPPING LIST

ITEM

<input type="checkbox"/>	1KG PASTA	\$ 1.3
<input type="checkbox"/>	TINNED TOMATOES	\$ 1.8
<input type="checkbox"/>	FROZEN VEGETABLES	\$ 1.59
<input type="checkbox"/>	500G SPLIT PEAS	\$ 1.65
<input type="checkbox"/>	750G OATS	\$ 1.10
<input type="checkbox"/>	STOCK	\$ 1
<input type="checkbox"/>	BANANAS	AS MANY AS POSSIBLE!

Porridge (1 serve)

- Measure half a cup of oats into a bowl and add one cup of water
- Heat in 1 ½ minute intervals in the microwave until it reaches the desired consistency
- If you have spare bananas add some sliced banana :)

Split pea and vegetable soup (5 serves)

- Make 2L of stock
- In a large pot combine the split peas (500g) and stock, cook for 1 ½ hours on a low heat, stirring occasionally.
- In the last 10 minutes of cooking add 200g of frozen veg.
- Before serving chop up some spaghetti into small piece, cook separately and add to a serving of soup

Pasta Napolitana

- In a large saucepan heat the tinned tomatoes with 1 cup of stock
- Add in 800g of frozen vegetables and cook until soft.
- To serve cook 100g of spaghetti per person and serve with the sauce on top!

TOTAL COST FOR THE WEEK:

\$8.44

MEAL PLAN

PASTA



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Porridge	Porridge	Porridge	Porridge	Porridge
LUNCH	Split Pea & Vegetable Soup	Split Pea & Vegetable Soup	Split Pea & Vegetable Soup	Split Pea & Vegetable Soup	Split Pea & Vegetable Soup
DINNER	Pasta Napolitana	Pasta Napolitana	Pasta Napolitana	Pasta Napolitana	Pasta Napolitana
SNACK	Banana	Banana	Banana	Banana	Banana

Great work!

you got this!

you're halfway!

Mamma mia!