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# 100 Meal ideas

## Breakfast

- Creamy Oats
- French Toast
- Toasted Sandwiches
- Rice Bubbles
- Omelette
- Frittata
- Scones
- Veggie Quiche
- Boiled Eggs and Toast
- Scrambled Eggs
- Chia Seed Pots
- Peanut Butter Granola
- Mango and Berry Smoothie
- Green Smoothie
- Yogurt and Fruit
- Berry, yogurt & granola parfait
- Peanut butter on toast
- Breakfast wraps
- Avocado on toast
- Bran Muffins
- Cheese and ham muffins
- Pancakes
- Baked Beans on Toast
- Savoury mince on toast
- Leftovers on toast
- Corn Fritters
- Banana Muffins
- Breakfast slice
- Seed Bars
- Breakfast Biscuits
- Overnight oats
- Toad in the hole
- Fruit salad
- Savoury Slice
- Hash browns
- Chocolate oatmeal
- Banana bread

## Lunch

- Chicken Salad Wrap
- Tuna salad
- Cheese & tomato whole-wheat sandwich
- Chicken and Avocado quesadilla
- Tuna Fishcakes
- Zucchini Slice
- Pasta Salad
- Zucchini Slice
- Butternut Soup
- Mac 'n Cheese
- Burgers on Whole wheat rolls
- Homemade Pies
- Tuna Pita Pockets
- Tomato Soup
- Nachos
- Egg Salad sandwich
- Potato Salad
- Stuffed baked potato
- Open toasted sandwiches
- Couscous salad
- Tuna loaf
- Potato wedges with guacamole, salsa and sour cream
- Creamy chicken and noodle soup
- Loaded Potato Bake
- Sticky Chicken wings
- Chicken and Salad pockets
- Quinoa, feta and vegetable salad
- Loaded homemade fries
- Chicken burger
- Homemade Sushi

## Dinner

- Quesadillas
- Taco's
- Mushroom & ham Carbonara
- Tuna Pasta Bake
- Chicken Parmigiana
- Make your own Pizza
- Spaghetti bolognaise
- Shepherd's Pie
- Chicken & Veg Stir-fry
- Beef & broccoli stir-fry
- Lasagne
- Oven Baked meatballs
- Chinese fried Rice
- Donburi Bowls
- Creamy Fish Pie
- Beef Stew
- Chicken and Leek Pie
- Roast Chicken
- Chicken and Veg skewers
- Enchiladas
- Creamy spinach and chicken pasta
- Vegetable and tomato pasta
- Chicken and Prawn curry
- Meat loaf & mash
- Slow Cooker country chicken casserole
- Beef Stroganoff
- Seafood Pasta
- Paella
- BBQ steak and Veg
- Pot Roast & Veg
- Steak sandwiches
- Cobb Summer Salad
- Fish & Oven baked chips

## 50 *Snack ideas*

- Apple slices with a tablespoon of peanut butter
- Celery sliced longways and filled with peanut butter and raisins a.k.a. “Ants on a Log”
- Frozen Grapes (these make a great summer snack)
- A bowl of Mashed Sweet Potato (good with butter and cinnamon)
- Cucumber slices topped with tuna and mayonnaise (I buy a store bought organic mayo)
- Cherry tomatoes and hummus on whole wheat or Rye crackers (This is so so so good!)
- Applesauce (serve in a cup with a spoon – kids love it!) Frozen Peas (frozen...no cooking necessary!)
- Unsweetened Raisins
- Piece of Fruit
- Homemade fruit Leathers
- Freeze Dried Fruit (like mango, banana, blueberries or strawberries)
- Dried Apple Rings
- Canned Fruit like Mandarin Oranges (Look for the ones that are canned in juice rather than syrup)
- Apple and Cheese slices
- Popcorn (make plain popcorn and flavour it yourself)
- Oatmeal (served with cinnamon and a maple syrup swirl)
- Shredded Wheat Cereal (look for brands that contain 1-ingredient)
- Brown Rice Cakes topped with hummus, peanut butter or cottage cheese
- Whole-Wheat Pretzels
- Whole-Grain Toast (with cheese, peanut butter, honey or avocado)
- DIY Vanilla Yogurt (plain Greek Yogurt flavoured with a little honey or maple syrup and vanilla extract)
- French Fries (potato sliced and baked until crispy)

## 50 *Snack ideas*











- Small, Cooked Whole-Grain Noodles – my kids like them plain as a snack
- Homemade Granola Bars / Seed Bars
- Nuts (peanut / cashew / almond / macadamia / walnut) roasted and salted
- Nut Trail Mix including Dried Fruit
- Hard-Boiled Eggs
- DIY lunch-ables with cheese, cucumber and whole-wheat crackers (my kids LOVE these in their lunch box)
- Popsicle – Pop Fruit and water in a blender until smooth then freeze in popsicle mould)
- Homemade muffins (Banana / Blueberry/cheese and corn)
- Smoothies
- Chai Seed Pudding
- Leftovers from dinner
- Bliss Balls
- Sweet Potato Nachos
- Granola Parfait
- Whole wheat Tuna Salad Pocket
- Guacamole and Wholegrain Pita Chips
- Soup (Tomato or Butternut Soup are easiest)
- Breakfast Cookies
- Fruit Kebabs
- Homemade Biscuits (Peanut Butter and Ginger Ninja Biscuits are a favourite) *Recipes on website*
- Quick Cheats Pizza: Whole wheat Pockets topped with tomato puree, cheese & ham and baked in oven
- Corn Fritters
- Toad in a hole (Cut hole in middle of bread, add egg & fry in pan. Turn over to cook other side)
- Savoury Slices (my kids love zucchini, corn, ham and cheese slice)
- Carrots sliced with hummus or avocado dip. (My kids like it with peanut butter too)



# Kitchen measurements

## Oven Temperatures

*Cooking times are a guide only.*

Celsius °	Fahrenheit °F	Gas Mark 
140°	275 °F	1 
150°	300 °F	2 
160°	325 °F	3 
180°	350 °F	4 
190°	375 °F	5 
200°	400 °F	6 
220°	425 °F	7 
230°	450 °F	8 
240°	475 °F	9 

## Weights

Where conversions don't match exactly, imperial figures have been rounded up/down slightly.

<b>Metric</b>	<b>Imperial</b>	<b>Metric</b>	<b>Imperial</b>
15g	½oz	125g	4oz / ¼lb
20g	¾oz	150g	5oz
30g	1oz	175g	6oz
45g	1½oz	200g	6½oz
50g	1¾oz	225g	7oz
60g	2oz	250g	8oz / ½lb
75g	2½oz	275g	9oz
90g	3oz	500g	16oz / 1lb
100g	3½oz	750g	24oz / 1½lb
100g	3½oz	1kg	32oz / 2 lb

## Liquid Measurements

*My recipes use the standard 1 tbsp = 3 tsp = 15ml measure common in the UK, NZ and the US.*

<b>Metric</b>	<b>Cups &amp; Spoons</b>	<b>Imperial</b>
5 ml	→ 1tsp	→ 1tsp
15 ml	→ 3tsp / 1tbs	→ 3tsp / 1tbs
60 ml	→ 4tbsp / ¼ cup	→ 2 fl oz
125 ml	→ ½ cup	→ 4 fl oz
250 ml	→ 1 cup	→ 8 fl oz
375 ml	→ 1½ cups	→ 12 fl oz
500 ml	→ 2 cups	→ 16 fl oz / 1 US pint
750 ml	→ 3 cups	→ 24 fl oz
1 Litre	→ 4 cups	→ 32 fl oz

# Food swaps

Swap this

for this



- **White Sugar** Honey, Maple Syrup, Raw Brown Sugar
- **White Flour** Wholegrain or Whole wheat Unbleached
- **Self-Raising White Flour** Organic Stone Ground Flour + baking powder
- **White Rice** Brown Rice, Basmati, Wild Rice, Quinoa, Whole-wheat couscous, cauliflower rice
- **Pasta** Whole wheat pasta (all varieties) or zucchini or vegetable noodles
- **Ice Cream** Homemade frozen yogurt, fruit sorbet or blended frozen bananas
- **Vegetable Oil** Olive oil, coconut oil, sesame oil
- **Milk Chocolate** Dark Chocolate 60%+ cocoa, clean eating bliss balls or real food treats
- **Breadcrumbs** Panko breadcrumbs, whole wheat breadcrumbs, whole wheat couscous
- **Table Salt** Himalayan Sea Salt
- **Peanut Butter** 100% peanut butter
- **Soda** Regular unflavoured sparkling water with lemon or fruit infusion.
- **Bagged Potato Chips** Oven baked potatoes, sweet potatoes or vegetables, oven baked tortilla wraps, popcorn, sliced fruit
- **Microwave popcorn** Homemade air popped popcorn kernels
- **Milk** Almond milk, oat milk or coconut milk.
- **Croutons** Oven baked whole wheat croutons, oven baked chick peas.
- **Bread** Wholegrain bread, whole wheat tortillas or wraps, whole wheat crackers, sourdough bread, homemade seed bread
- **Boxed Cereals** Homemade granola, organic puffed wheat or puffed rice.
- **Instant oats** Homemade rolled oats
- **Store Bought Biscuits** Homemade peanut butter biscuits, ginger biscuits (see recipes on [www.cleaneatingwithkids.com](http://www.cleaneatingwithkids.com))
- **Desserts** Chia Seed Puddings

## Food swaps

Swap this



for this



- **Gravy thickener** Plain flour, cornstarch or arrowroot powder
- **Cheese slices** Whole block of cheese and slice or grate it yourself
- **Boxed Fish Fingers** Fresh fish with egg and whole wheat couscous crumb
- **Chocolate Milkshake** Banana smoothie
- **Takeout pizza** Make your own at home with two ingredient pizza dough.
- **Takeout burgers** Make your own with whole wheat bun, real beef burger and salad
- **Takeout Coffee** Make your own in a thermos.
- **Muesli Bars** Make your own homemade muesli bars
- **Two minute noodles** Rice noodles (three ingredients)
- **Salad Dressing** Make your own or add a little balsamic vinegars

## *How to save money on food*

- Decide on your budget for the week so that you know how much money you are working with for the week.
- Check your pantry, fridge and freezer to see what food you have in stock and which ingredients you can use for the week.
- Check out the grocery store specials and mailers to see what's on special.
- Only go to the grocery store once a week.
- Make a Meal plan using grocery sale items and ingredients you already have in your kitchen.
- Meal prep as soon as you get home from shopping so that food is allocated correctly. If you bought meat in bulk, divide it up in portions, cut up vegetables and freeze.
- Shop with a grocery list to avoid impulse purchases.
- Do your Grocery Shopping online. This is a great way to stick to your budget and browse the entire range in store. You avoid making impulse purchases and often the delivery fee is less than the petrol and time to do the shopping your self.
- Consider using Amazon Prime's unlimited delivery service.
- Buy Generic brands. Often the budget brands are just as good as the leading brands. Don't pay more if you don't have to.
- Leave the kids at home when you go shopping.
- If you must take them with you, then learn to say NO.
- Don't shop when you're hungry.
- Don't shop last minute. Yup. That 'quick' trip to the store will add up the costs every week.
- Don't shop when you are upset or angry or stressed. Many of us resort to food as a comforter and it's tempting to buy convenience foods to lift the mood. Your waist and your budget will thank you.
- Look out for specials, coupons, mark downs and bargains like it's your job.
- Ask the store attendants what days or times they do markdowns every day so you can shop then.

## How to save money on food

- Ask the store attendants what days or times they do markdowns every day so you can shop then.
- Visit your local farmers market.
- Speaking of cash ... use cash to buy your groceries and leave your cards at home. It will stop you overspending.
- Sign up for store rewards.
- Buy in bulk BUT only if it's cheaper. Work out (you are welcome to use a calculator) to calculate the price / unit.
- Make a Master Price List of ingredients you buy regularly so you learn to recognise when a product is on special.
- Keep track of things that are running low with a Master List of Ingredients. This can be a simple notepad stuck to the fridge. Everyone in the family simply writes down the ingredient that is running low. That way you don't end up buying more than you need.
- Avoid individually bagged items or mini versions of things. Cut your own cheese, bag your own popcorn and spoon your own yogurt into a little pot from home.
- Learn to make things from scratch like cakes, biscuits and muesli bars.
- Learn to make your own bread.
- If something is on sale for \$8 for 3 but you only need one, then don't spend more unless you know you will be using it. A sale is not a reason to blow your budget.
- Never, ever buy bottled water. It's expensive and the plastic bottles are not good for the environment. Get a reusable water bottle and fill it from the tap.
- Things tend to go on sale at the same time every year. Meal plan around what's on special this season.



## How to save money on food

- Stores also have a few items that are super cheap to get people into the store. Keep an eye out for these products and stock up if they are something that you use.
- Ask if your store will match their competitor's coupons.
- Decide on snacks that are OK for the week and put them in a snack box to avoid impulse purchases. Things to include in your snack box are home baking, popcorn and fruit.
- Stick your meal plan where everyone can see it, so the family knows what they can eat at each meal. This avoids kids snacking on ingredients you were going to use for a recipe.
- Bulk up meals using budget foods like potato, beans and vegetables.
- Limit the amount of meat you use in a recipe as meat is often the most expensive ingredient in a dish.
- Gather a list of budget recipes you can make for the family.
- Make a meal using Bottled Pasta Sauce. There are some fantastic, good quality options available at most stores.
- Make lunch at home and take it to work or school in a reusable lunchbox. Get a lunch box with little compartments to save money on lunch wrappings.
- Cook one meal. Don't make variations for fussy eaters.
- Cook once. Eat twice. Make extra when possible so that you can freeze a serving for another night's dinner. Casseroles, soups, pastas are perfect for this.
- Eat wholegrain foods as they are more filling and better for you
- Serve salads or rice with a meal to bulk it up.
- Don't eat out. Rather get creative with entertainment. Go on a picnic, have a pot luck dinner with friends, let the kids cook dinner.
- Get to know how long things can safely be kept in the refrigerator so you can either use them or freeze them to avoid wastage.
- Get serious about reducing food waste. Pack away leftovers. Freeze bread crusts to make breadcrumbs later. Freeze ends of vegetables and when you have a big enough bag, make your own vegetable stock.
- Serve smaller portions to your kids.
- Buy whole chickens instead of pre-cut, deboned chicken pieces.

## How to save money on food

- Look in the freezer section for your meat.
- Buy frozen vegetables. They are often cheaper and are just as good as the fresh stuff as they are frozen soon after picking.
- You don't need all the extra equipment in your kitchen. Keep the basics, sell the stuff you haven't used for a while.
- Use the internet to find recipes for ingredients you already have. I bet you will find one for just about any ingredient combination.
- Don't serve dessert every night. Once or twice a week is plenty.
- Stop buying fruit juice and soda. Drink water. If water doesn't excite you, then try some water infusion recipes
- Use ground beef in your recipes instead of more expensive beef cuts.
- Variety is overrated. You don't have to offer a ton of choices. Stock one or two fruit types for snacks. Make one or two biscuit recipes for the week.
- It's OK to eat the same meal twice in a week. Get creative with it. If you make a chicken casserole one night, use leftovers for toasted sandwiches or slap a crust on it for a homemade chicken pie tomorrow night
- Learn to make soup.
- Learn to make casseroles.
- Use your slow cooker. It's a great way to tenderize cheaper meat cuts and you can cook enough for two tasty meals in one go
- If you are making a roast chicken, cook two at the same time. The extra one can be shredded and refrigerated for meals during the week.
- Make your own chicken stock using the roast chicken carcass and any vegetable leftovers
- Pasta meals are easy, cheap and a small bag of pasta makes a huge meal. Choose whole wheat pasta for a healthier option.
- Grow your own herbs in a pot on your porch or on the window sill.
- Consider planting a vegetable patch. Start by choosing two or three easy to grow vegetables like lettuce and tomatoes. This way, you can get a salad on the table for under \$1. 65. Zucchini is surprisingly easy to grow.
- Make your own salad dressings with a few simple ingredients.
- Stop buying deli meats

## How to save money on food

- Make your own spice combinations by combining the basic ingredients rather than buying the done for you options.
- Freeze super ripe bananas. They are perfect for smoothies or a healthy ice cream option. Get to know the best way to store food. For example, Apples ripen 6 to 10 times faster at room temperature, so they should be stored in container or vegetable crisper in the fridge to prolong their life.
- Make your own 'Junk food' at home. Have a stay at home pizza night or DIY Burgers.
- Stop Buying those sweet and nasty kids breakfast cereals.
- Make your own granola. It's cheap and good for you.
- Oats are a fantastic warm and budget friendly breakfast during Winter.
- Milk about to expire? Freeze it. You can thaw it out and use it later.
- Lightly buttering the edge of semi-hard cheese makes it less likely to form mould or dry out.
- Grate your own cheese.
- Alter the recipe to cut costs. Nobody will sue you if you alter your recipes a little. You can substitute cheaper veggies (sliced carrots) for more expensive ones (zucchini).
- Re-purpose your vegetables. Next time you buy fresh garlic, save the four inner cloves. Plant them about 1/2 inch deep. In less than six months, you'll be harvesting your own garlic! Other foods that can be regrown from roots and scraps are celery, roman lettuce, pineapple and leeks.
- Get creative with leftovers. Keep two lidded plastic containers in your freezer or fridge. After every meal, put veggie bits in one and meat bits in another. You can then periodically sprinkle the bits of meat on your pizzas or make a great soup or a once a week bits and bobs leftover dinner!
- Invest in some decent reusable food storage to prevent food waste. Store opened goods correctly to avoid it spoiling.
- Refill our condiments from larger bottles. Rather than buying small jars every week, buy one bulk jar and refill the smaller one.
- Keep yourself motivated. Keep track of the money you spend and save at the grocery store. Put the savings into an account and watch it grow.

## How to save money on food

- Use canned fish. Just like their fresh counterparts, canned salmon and tuna provide omega-3 fats, which help keep your heart healthy. The difference is that they're usually a whole lot cheaper.
- If you are concerned about the Organic'ness of your fruits and vegetables, then save money by sticking to the Dirty Dozen/Clean Fifteen list.
- Stir fries are cheap, quick and easy and you can bulk them up with a side of rice or extra cabbage.
- Have a no meat day. We have a meatless meal day once a week. This can be anything from mac n cheese to vegetable fried rice or fettuccini alfredo. Cutting out meat one night out of the week can save you about \$20 a month or more on it's own
- End of the week pantry looking a little bare? Instead of popping out to the shops try having a 'Pantry Challenge'. Get the family involved and make a meal from what you have in stock. You might be surprised at what you manage to pull together. This one little trick saves us around \$50 a month.
- Make your own French fries. Peel and slice potatoes, sprinkle with salt and bake for 20-25 minutes until crispy. To speed things along, you can par boil the fries and freeze so that you have your own 'just pop in the oven' homemade French fries.
- Keep things really, simple. We don't eat a huge variety of foods, but we eat well and get lots of veggies in our diet. The key to lowering your grocery bill is to eat cheaper items, more often. You can make a huge variety of meals with a few basic real food ingredients.
- Consider having breakfast for dinner. Nothing wrong with an omelette or egg and homemade baked beans on toast for dinner.
- Learn to substitute ingredients or swap out foods if you don't have an ingredient. It means that you won't have to buy two ingredients that do the same job.
- Ditch the Guilt Game. Don't feel as if you need to blow your budget because you feel guilty. This can be about anything - feeling guilty for feeding your family the same meal three nights this week or saying No to their favourite snacks. As Moms we play the guilt game way too often.

## *How to save money on food*

- Loaded Sandwiches. I must mention this one because my family loves these dinners. I toast some whole wheat bread and then load them up with anything we can find and top with grated cheese, before popping them in the oven to grill. It's a slightly out the box, super yum and cheap dinner!
- Buy whole foods. For example, a block of cheese is cheaper than shredded cheese and dried beans are cheaper than canned beans. Whole grains, like brown rice and oats are also cheaper per serving than most processed cereals.
- The less processed foods are also often sold in larger quantities, and you get more servings per package.
- Stop buying junk food. By skipping the processed and unhealthy foods, you can spend more of your budget on higher quality, healthy foods.
- Keep your kitchen and pantry well organised to avoid food expiring or doubling up on things you already have.
- Make meals matter. Set the table, get out the napkins and make the meal about each other not just food. This makes even the plainest meal special.
- Be flexible. Be willing to adjust your meal plan based on what is on sale in the store or what you have on stock.



# Pantry staples & cheat sheets

# Pantry Staples

NOTE: This is not an all-inclusive list but gives you a good idea of what you should be shopping for and stocking in your Clean Eating pantry. I don't make everything from scratch and try and cut corners where I can. There are a lot of Clean Eating food options available but to save costs, stick with the basics and weigh up the costs and time to make from scratch vs buying it already made.

## Baking Goods

- Whole wheat Flour
- Almond Flour
- Coconut Flour
- Spelt Flour
- Oat Flour
- Organic White Flour (Yes I still use this. It's minimally processed but necessary for some recipes like birthday cakes and crepes)
- Baking Soda and Baking Powder
- Yeast
- Dark Chocolate Chips (Sometimes the yummy milk chocolate ones too)
- Raw Brown Sugar

## Canned / Bottled Food

- Fruit in own juice (no sugar added)
- Vegetables (in water or brine (salt water), no sugar added)
- Tuna and salmon (read the ingredients to make sure there are no additives or nasties)
- Jars of Pasta Sauce (Again, read the ingredients)
- Tomato Paste
- Unsweetened Apple Sauce
- Unopened Jars of pickles
- Condiments / Spreads
- Organic Peanut Butter
- Other Nut Butters (Almond / Cashew)
- Honey
- Maple Syrup
- Full Fruit Jams (no sugar added if possible)
- Tomato Ketchup (read ingredients)
- BBQ Sauce (Read ingredients)

# Pantry Staples

## Wholegrain Goods / Grains

- Whole wheat pasta,
- Organic pasta
- Rice – All Types - Brown Basmati is our favourite at the moment
- Whole Grain Cereals – Plain Organic Rice Puffs, puffed wheat, puffed corn
- Oats
- Couscous
- Quinoa
- Coconut dried
- Whole wheat wraps and tortillas
- Brown Rice Cakes
- Wholegrain Crackers
- Popcorn seeds
- Breadcrumbs (whole wheat & Panko)
- Nuts and Seeds
- Dried Beans and lentils
- Nuts
- Seeds

## Other Pantry Goods

- Spices and Dried Herb
- Vinegar - apple cider, brown malt, balsamic and white vinegar
- Oils - coconut, sesame and olive oil. Sometimes
- Avocado, but not often.
- Salad dressings - most of the time I make these, but I like to try these out when I find a good one.
- Unopened Organic Mayonnaise (because I never get around to making it)
- Dried Fruits - all kinds (read ingredients. These can have sneaky additives)
- Organic Vegetable Stock, Chicken or Beef Stock

# DIY spice mix cheat sheet

## Taco Seasoning Blend

- 2 Tablespoons Chilli Powder
- ¼ cup Cumin Powder
- 1 Tablespoons Garlic powder
- 1 Tablespoons Onion powder
- 1 teaspoons Oregano
- 2 teaspoons Paprika
- 3 Tablespoons
- Sea Salt
- 1 teaspoon ground black pepper.

*Use approximately 2 tablespoons of taco seasoning mix for each pound of ground meat*

## Homemade Garam Masala

- 1 tablespoon ground cumin
- 1½ teaspoons ground coriander
- 1½ teaspoons ground cardamom
- 1½ teaspoons ground black pepper
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon ground nutmeg

## BBQ Steak Rub

- 1 tablespoon seasoned salt
- 1 tablespoon ground black pepper
- 2 teaspoons tomato ketchup

## Portuguese Spice Rub

- 1 teaspoon paprika
- 1 teaspoon chilli flakes
- 1 teaspoon cumin
- ¼ teaspoon oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper

## Homemade Seasoned Salt

- 4 Tablespoons Sea Salt
- 1 Tablespoon Paprika
- 1 teaspoons Onion Powder
- 1 teaspoon garlic powder
- 2 teaspoons ground pepper

## Basic Dried Herb Blend

- 1 teaspoon black pepper.
- 2 tablespoons dried oregano.
- 2 tablespoons dried basil.
- 2 tablespoons dried thyme.
- 1 tablespoon dried rosemary.

## Italian Seasoning

- 1 Tablespoon Thyme
- 1 Tablespoon Basil
- 1 Tablespoon Sage
- 1 Tablespoon Rosemary
- 1 Tablespoon Oregano

## BBQ Rub (for Ribs or Chicken)

- 3 tablespoons brown sugar
- 1½ tablespoons paprika
- 1½ tablespoons salt
- 1½ tablespoons ground black pepper
- 1 teaspoon garlic powder

## Homemade Chicken Seasoning

- 1 teaspoon sea salt
- 2 teaspoons sage
- ½ teaspoon thyme
- 1 teaspoon basil
- 1 teaspoon rosemary
- 1 teaspoon Oregano
- ½ teaspoon black pepper

# DIY salad dressings

## Italian Dressing

- 2 Tablespoons Italian Seasoning
- ¼ cup white vinegar
- ⅔ cup olive oil
- 2 tablespoons super fine parmesan
- 1 teaspoon raw sugar

*Whisk all ingredients together*

## Simple French Dressing

- ¼ cup shallots (or red onion) finely chopped
- ¼ cup red or white wine vinegar 4 tsp Dijon Mustard
- ½ cup extra virgin olive oil
- ½ tsp salt Black pepper

*Whisk all ingredients together.*

## Healthy Ranch Dressing

- ½ cup plain full-fat yogurt
- 1 tsp dried dill
- 1 teaspoon finely chopped chives
- 1 small clove of garlic crushed
- ½ cup olive oil
- 2 tablespoons parmesan (optional)
- sprinkle of salt and pepper to taste

## Honey Mustard Dressing

- 2 tbsp Wholegrain Dijon mustard
- 2 tbsp honey
- 2 tbsp cider vinegar
- 2 tbsp vegetable or olive oil
- ¼ tsp salt
- Black pepper

*Whisk all ingredients together*

## Balsamic Vinegar Dressing

- 1 Tablespoon balsamic vinegar
- 3 Tablespoons extra virgin olive oil
- 1 teaspoon raw brown sugar
- ½ teaspoon crushed garlic
- Salt and pepper to taste

*Whisk all ingredients together.*

## Greek Salad Dressing

- 2 Tablespoons red wine vinegar
- 1 Teaspoon Dijon mustard
- ½ cup extra virgin olive oil
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon oregano
- ¼ teaspoon marjoram
- 1 clove crushed garlic
- 1 tsp. lemon juice

## Mint Sauce (for Roast lamb)

- 4 tablespoons raw sugar
- 1 cup white vinegar
- ½ cup fresh mint leaves, finely chopped

*Heat all ingredients in a sauce pan and simmer to reduce by half.*

*Cool and serve.*

## Classic Vinaigrette

- 2 tablespoons red wine vinegar
  - 2 teaspoons Dijon mustard
  - ½ teaspoon salt
  - ¼ teaspoon crushed black pepper
- gradually whisk in ⅓ cup olive oil.





# Keeping track



## Freezer Inventory

[illegible]

## Dry food Inventory

[illegible]



## Dry food Inventory

[illegible]

Take out

[illegible]

# Grocery lists

## Grocery list

Fresh

frozen

Dry food

## Drinks

## Grocery list

Fresh

frozen

Dry food

## Drinks

## Grocery list

Fresh

frozen

Dry food

## Drinks

## Grocery list

Fresh

frozen

Dry food

### Drinks



## Grocery list

Fresh

frozen

Dry food

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# Meal planners

# Weekly meal planner

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# Weekly meal planner

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# Lunchbox planners

# Lunchbox planner

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# Lunchbox planner

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