



2 WEEK COOKBOOK

This is just the beginning...

Reclaim Your Time!

Brought to you by...

Someone who hates to shop

AKA the monthly meal shop



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Welcome!

I am so happy you are reading this because this means that you have taken the first step to reclaiming hours of your precious time and never not knowing what's for dinner again.

The idea of this 2 week plan is to give you a taste of how much time you can reclaim back, without having to spend hours meal planning or prepping or subscribing to any ongoing service. It does not have the full functionality that you will have with the XXXX nor the variety but just see if you enjoy the time it frees up.

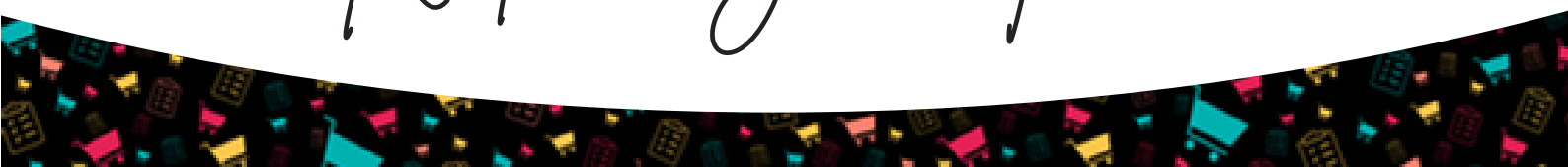
I am that confident that not only you will enjoy your extra time but you will start to wonder why on earth you went to the shops so often before, and not only that, you might just notice some extra dollars in the account. And with the times what they are now, everyone needs that.

Now if you're happy eating the same 2 weeks on repeat, you're set. We actually did that for the horrow covid year and we all survived, but if you want to learn more about the XXX head to our you tube channel at [themonthlymealshop](#) to see the full functionality.

I'm confident that it is worth spending your hard earned money on because I spent 48 months perfecting it and using it in my own family to save both time and money. I created it to help me before I even had the notion to sell it to help others. It was only when talking to other mums who were complaining about doing all the shopping when I told them that I only have to shop once every 5-6 weeks that the glares from their eyes almost killed me! When I explained how I would spend the same time meal planning 5 weeks as I would previously take to do 7 days, AND that my shopping list magically created itself with, not only what I needed, but exactly how much of each I needed that I had repeated exclamations of , 'I'd pay money for that' that I realised I really had a duty to make this available to all the busy people!

Life is simply too short to spend hours repeating the grocery shopping!

Reclaim Your Time



HOW TO USE

Each recipe has a table showing the quantities of ingredients required for various serving sizes/. There is also a blank column for larger serving sizes should you need them or if you want to adjust the ingredient quantities, you can record your changes here. Choose the shopping list that matches your desired serving size. In the full version of the system, you can alter serving size for each individual component of each meal and the shopping list will automatically adjust itself, no maths needed. There is also a lot more variety in meals and the ability to add your own recipes should you wish.

I recommend repeating this 2 week plan so you can get a taste of how little time you could spend shopping to see if you enjoy the extra time! You could even just use the planned meals on weeknights and do your own thing on the weekend.

Unless otherwise stated the following has been assumed:

- Vegetables are medium sized
- Eggs are X-Large
- Onions are brown
- Olive oil is extra virgin.
- Oven temperatures are based on fan-forced ovens in °C
- Salt and pepper are always on hand
- Minced garlic in a jar can replace cloves approx 1 level tsp per clove.
- Tinned tomatoes are always diced, crushed is also fine
- If a recipe states 'pasta', use any variety you like i.e. penne, spirals, shells etc. The recipe will state a specific pasta type if it is really required for a recipe i.e. spaghetti, lasagna sheets, fettucine etc.

I don't specify between colours for veg because honestly even if it's meant to be green capsicum in the strifry.....red or yellow will still work! Don't pay extra to get the right colour for everyday meals, save for the special occasions. For most recipes you can change the vegetables, we get a weekly fruit and veg box so I just use whatever comes in that, unless it's a crucial ingredient for the dish i.e. cauliflower for roasted cauliflower!

I have used a standard of 125g - 180g of meat as a serve per recipe. So, if you prefer large or smaller sizes than this, then adjust the serving size accordingly. On each recipe I have left a blank column where you can make your own adjustments if you need more serving sizes or want to change ratios.

BUTTER CHICKEN DRUMSTICKS

This has fast become favourite in our house. Combines the deliciousness and child-pleasing butter chicken with a cheaper cut of meat to help the hip pocket but is absolutely packed full of flavour. You can leave the skin on the drumsticks and pop them in skin side up to get some of that roasted skin goodness as well. Serve with rice, poppadoms, naan, veggies whatever takes your fancy. If you want it a bit saucier, you can add some tinned diced tomatoes

Ingredient	2	3	4	5	6	
Chicken drumsticks	800 g	1.2 kg	1.6 kg	2.0 kg	2.4 kg	
Coconut milk	200 ml	300 ml	400 ml	500 ml	600 ml	
Butter chicken paste	40 g	60 g	80 g	100 g	120 g	

Preheat oven to 180°C.

Place an ovenproof pan over medium heat and spray with oil.

Add chicken and cook, turning a few times, until brown all over, then remove pan from heat.

Combine coconut milk and butter chicken paste in a small bowl and then pour over chicken drumsticks in pan.

Stir to coat.

Place pan in oven and cook for 40 minutes, occasionally turning the drumsticks.

HONEY MUSTARD CHICKEN

This was the first marinated meat recipe my eldest liked, so it has remained a staple in our family. The chicken can be marinated in advance if you want, but just prior to cooking is also fine. The left over chicken tastes great in a salad or wrap the next day for lunch as well.

Ingredient	2	3	4	5	6	
Chicken thighs halved	400 g	600 g	800 g	1 kg	1.2 kg	
Dijon mustard	1/2 tbsp	3/4 tbsp	1 tbsp	1 1/4 tbsp	1 1/2 tbsp	
Honey	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp	
Tomato paste	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp	
Worcestershire sauce	1/2 tbsp	3/4 tbsp	1 tbsp	1 1/4 tbsp	1 1/2 tbsp	

Combine all ingredient in a bowl and mix to combine. Allow to marinate for at least 5 minutes.

Cook chicken in oiled fry pan on high heat, or on the BBQ until cooked through.

SALMON AND SPINACH QUICHE

This is another favourite in our house, and a nice change. I do make this without cream as we are a low dairy family, but you could easily add some into the egg mixture at step 6 in if you like. I utilise a mix of different salmon options depending on what's available, smoked, cured, left over, tinned or freshly cooked on the rare side all works well.

Ingredient	2	3	4	5	6	
Frozen puff pastry sheets	1	1 1/2	2	2 1/2	3	
Baby spinach	30 g	45 g	60 g	75 g	90 g	
Eggs, lightly whisked	3	5	6	7	9	
Cheddar cheese, grated	30 g	45 g	60 g	75 g	90 g	
Salmon pieces	110 g	165 g	220 g	275 g	330 g	
Spring onions, finely chopped	1	1 1/2	2	2 1/2	3	
Dill chopped	1 tsp	1 1/2 tsp	2 tsp	2 1/2 tsp	3 tsp	

Place the spinach in a colander and pour boiling water over until wilted.

Preheat oven to 180°C.

Thaw and use the pastry to line a tart tin. For 4 servings you will need a tin with a 23cm base measurement.

Trim the excess pastry from the edge using a sharp knife.

Place a sheet of baking paper ontop of the pastry and fill with baking beads or rice.

Bake for 10 mins, remove paper and weights and bake for a further 10 mins.

Remove from oven and reduce heat to 150°C.

Whisk egg, and cheddar together.

Arrange spinach, salmon, spring onion and dill in pastry case.

Pour egg and cheese mixture over and place in oven for 20-30 minutes until filling is just set.

BANGERS AND MASH

*An oldie but a goodie. What kid doesn't love bangers and mash? A quick and simple meal to round out the months.
Add a simple garden salad or frozen veg and you're good to go.*

Ingredient	2	3	4	5	6	
Sausages	4	6	8	10	12	
Potatoes, peeled and chopped	2	3	4	5	6	
Butter	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp	
Milk	30 ml	45 ml	60 ml	75 ml	90 ml	
Tomato sauce	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp	

Heat frypan/BBQ to medium-high heat

Place potatoes in microwave safe bowl, cover and microwave on high until soft

Meanwhile cook sausages until cooked through

Once potatoes are soft, add butter and mash, adding milk as needed

Serve sausages with mash and sauce of your liking



BEEF KWAY TEO

Full of flavour with a decent chilli kick, if you want. Can be served with rice instead of the noodles if you prefer. For a gluten free version you can use gluten free sauces and sherry vinegar instead of the Chinese cooking wine as I am yet to find a gluten free version of that one!

Ingredient	2	3	4	5	6	
Beef stirfry strips	250 g	375 g	500 g	625 g	750 g	
Oyster sauce	30 ml	45 ml	60 ml	75 ml	90 ml	
Chinese cooking wine	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp	
Kecap manis	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp	
Sambal oelek	1/2 tsp	3/4 tsp	1 tsp	1 1/4 tsp	1 1/2 tsp	
Garlic cloves, crushed	2	3	4	5	6	
Ginger, grated	1 cm	1 1/2 cm	2 cm	2 1/2 cm	3 cm	
Peanut oil	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp	
Wide rice noodles	140 g	210 g	280 g	350 g	420 g	
Spring onions, sliced	3 stems	4 1/2 stems	6 stems	7 1/2 stems	9 stems	
Capsicum, sliced	1/2	3/4	1	1 1/4	1 1/2	
Bean sprouts	80 g	120 g	160 g	200 g	240 g	

In a small jug, combine oyster sauce, kecap manis, cooking wine, sambal oelek, garlic and ginger.

In a large heatproof bowl, place the noodles and cover with boiling water.

Heat half the peanut oil in wok and stir fry the beef in batches until browned and remove from wok.

Heat remaining oil in wok.

Separate noodles in bowl with a fork and drain.

Once oil in wok is hot, stirfry spring onions, and capsicum until tender.

Add beef to wok with sauce mixture, noodles and sprouts. Stir until hot.

MAKE YOUR OWN BURGERS

I love a good burger with the lot. The problem is that these days a 'burger with the lot' often doesn't have 'the lot' on it. You have to pay for each individual item and before you know it, a takeout meal has cost you your first-born child! So much better to make your own just how you like it. I've left a few rows here for you to record your own personalisations, just don't forget to adjust the core recipe in the spreadsheet.

Ingredient	2	3	4	5	6	
Burger bun	2	3	4	5	6	
Meat patty	2	3	4	5	6	
Cheddar cheese	20 g	30 g	40 g	50 g	60 g	
Tomato sliced	1/2	1	1 1/2	2	2 1/2	
Lettuce	1/4	1/3	1/2	2/3	3/4	
BBQ sauce	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp	
Tomato sauce	2 tsp	3 tsp	4 tsp	5tsp	6 tsp	
Mayonnaise	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp	
Pickles	20 g	30 g	40 g	50 g	60 g	

Cook meat patties of your choosing on the BBQ or on a fry pan

Assemble fillings on large board and let everyone assemble their own burger

Toast burger buns

PASTA BAKE

An family favourite in most households. To really help yourself out, double the recipe and make 2! Freeze one and have it ready to pull out on those crazy nights to stop you reaching for uber eats! If you don't have an ovenproof saucepan you can transfer the mixture, after stirring the cream cheese through, into an ovenproof lasagne dish.

Ingredient	2	3	4	5	6	
Pasta	140 g	210 g	280 g	350 g	420 g	
Beef mince	250 g	375 g	500 g	625 g	750 g	
Cooking butter	1/2 tbsp	3/4 tbsp	1 tbsp	1 1/4 tbsp	1 1/2 tbsp	
Tinned tomatoes	200 g	300 g	400 g	500 g	600 g	
Passata	200 g	300 g	400 g	500 g	600 g	
Cream cheese	120 g	180 g	240 g	300 g	360 g	
Oregano	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp	
Stock beef - liquid	80 ml	120 ml	160 ml	200 ml	240 ml	
Parmesan cheese	20 g	30 g	40 g	50 g	60 g	
Mozzarella cheese	80 g	120 g	160 g	200 g	240 g	
Onion, finely diced	1/2	3/4	1	1 1/4	1 1/2	
Garlic cloves, finely chopped	2	3	4	5	6	

Cook the pasta according to their instructions then drain and set aside.

While cooking pasta, heat a wide ovenproof saucepan over high heat and add butter.

Cook onion and garlic until soft and fragrant.

Add beef mince and cook until browned.

Add tinned tomatoes, passata, beef stock, oregano and bring to the boil.

Preheat oven to 180 C

Remove from heat and stir through cream cheese until evenly mixed.

Stir pasta through mix, top with parmesan and mozzarella cheese

Bake uncovered in oven for 20-30 minutes until cheese is browned and crispy on top.

SPAGHETTI BOLOGNESE

A true family classic. Ease to cook in big batches for when you have a crowd to feed! The sauce also freezes well so you can cook double and freeze one lot for another night when you are short on time.

Ingredient	2	3	4	5	6	
Beef mince	250 g	375 g	500 g	625 g	750 g	
Olive oil	1/2 tbsp	3/4 tbsp	1 tbsp	1 1/4 tbsp	1 1/2 tbsp	
Mushrooms, finely chopped	200 g	300 g	400 g	500 g	600 g	
Garlic cloves, finely chopped	2	3	4	5	6	
Onion finely, chopped	1/2	3/4	1	1 1/4	1 1/2	
Tomato paste	1/2 tbsp	3/4 tbsp	1 tbsp	1 1/4 tbsp	2 1/2 tbsp	
Passata	200 ml	300 ml	400 ml	500 ml	600 ml	
Red wine	100 ml	150 ml	200 ml	250 ml	300 ml	
Beef stock powder	1 tsp	1 1/2 tsp	2 tsp	2 1/2 tsp	3 tsp	
Tinned tomatoes	200 g	300 g	400 g	500 g	600 g	
Spaghetti	150 g	225 g	300 g	375 g	450 g	

Heat saucepan over high heat

Add tomato paste, passata and stock powder.

Add oil and cook onion and garlic until soft

Bring to the boil and then let simmer.

Add beef mince and cook, stirring until browned.

Meanwhile, cook the spaghetti according to the instructions.

Add mushrooms and cook for a couple of minutes

If the sauce gets too thick, put a spoonful of pasta water in

Add red wine and cook until mostly evaporated.

Add tinned tomatoes (wash tin out with a little water and add to pan).

When pasta is cooked, drain and add to saucepan and mix through the sauce, adding a spoonful of pasta water if needed to loosen.

STEAK AND POTATO

Steak and chips, steak and roast potatoes, steak and baked potato, steak and mash. Whatever's your favourites! Use whatever type of steak you like for this. Ours changes depending what's on sale, skirt steak is often available for a good price and eats really well if cooked just right.! You don't even have to use beef steak, use lamb or pork or chicken if you want to. Just don't forget to update the 'Meal Ingredients' tab if you want to change this permanently.

Ingredient	2	3	4	5	6	
Beef Steak	400 g	600 g	800 g	1 kg	1.2 kg	
Potatoes	400 g	600 g	800 g	1 kg	1.2 kg	

Prepare potatoes for roasting, mashing baking see the sides section for assistance if required

Bring steak to room temperature, drizzle with a little oil and season with salt and pepper

Cook steak to your liking on stove or BBQ



RENDANG MEATBALLS AND CUCUMBER SALAD

These have a bit of a kick to them so may not be child friendly unless you have a particularly adventurous eater. Particularly nice and refreshing on a Summer's night.

Ingredient	2	3	4	5	6	
Pork mince	250 g	375 g	500 g	625 g	750 g	
Garlic cloves, crushed	1	1 1/2	2	2 1/2	3	
Coriander leaves, finely chopped	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp	
Rendang curry paste	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp	
Coconut milk	200 ml	150 ml	200 ml	250 ml	300 ml	
Vegetable oil	10 ml	15 ml	20 ml	25 ml	30 ml	
Red onion, finely chopped	1/2	3/4	1	1 1/4	1 1/2	
Shredded coconut	1/2 cup	3/4 cup	1 cup	1 1/4 cup	1 1/2 cup	
Fish sauce	1/2 tbsp	3/4 tbsp	1 tbsp	1 1/4 tbsp	1 1/2 tbsp	
Lime juice	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp	
Cucumber, finely chopped	1/2	3/4	1	1 1/4	1 1/2	
Tomatoes, finely chopped	1	1 1/2	2	2 1/2	3	

In a bowl, combine mince, garlic and half the coriander. Mix well and roll into tablespoon sized meatballs.

Heat half the oil in large saucepan over med-high heat.

Add half the onion and meatballs to pan and cook until meatballs are browned and onions are soft.

Add shredded coconut and cook whilst stirring until golden.

Add curry paste and cook until fragrant. Then add coconut milk, water and fish sauce.

Bring to the boil then reduce heat and simmer for 10 minutes or until meatballs are cooked and sauce reduce.

Stir in half the lime juice

Combine cucumber, tomato, remaining onion, lime juice, oil and coriander in a bowl and season well.

SWEET AND SOUR PORK MEATBALLS

There is a bit of work in this one but it is oh so worth it! The classic sweet and sour flavours you know and love but in a slightly different format! The meatballs can be made the day before and stored in the fridge to save some time.

Ingredient	2	3	4	5	6	
Pork mince	250 g	375 g	500 g	625 g	750 g	
Breadcrumbs	1/2 cup	3/4 cup	1 cup	1 1/4 cup	1 1/2 cup	
Spring onions, finely chopped	2	3	4	5	6	
Garlic cloves, crushed	1	1 1/2	2	2 1/2	3	
Ginger, grated	2 cm	3 cm	4 cm	5 cm	6 cm	
Chinese 5 spice, ground	1 tsp	1 1/2 tsp	2 tsp	2 1/2 tsp	3 tsp	
Egg, lightly beaten	1/2	3/4	1	1 1/4	1 1/2	
Olive oil	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp	
Large onion, coarsely chopped	1/2	3/4	1	1 1/4	1 1/2	
Capsicum, coarsely chopped	1	1 1/2	2	2 1/2	3	
Passata	250 ml	375 ml	500 ml	625 ml	750 ml	
Pineapple juice	140 ml	210 ml	280 ml	350 ml	420 ml	
Apple cider vinegar	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp	
Soy sauce	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp	
Pineapple, cut into chunks	140 g	210 g	280 g	350 g	420 g	

Heat heavy ovenproof roasting pan over high heat.

Combine pork mince, breadcrumbs, spring onions, garlic, ginger, Chinese 5 spice, and egg. Shape mix into small balls.

Heat oven to 200°C.

Add oil to the pan and fry the meatballs, turning occasionally until colour has changed, there is no need for them to be fully cooked. Remove from the pan.

Reduce heat to medium and add onion and capsicum to pan. More oil can be added if needed.

Cook until coloured around the edges.

Add passata, pineapple juice, cider vinegar, soy sauce and bring sauce to a simmer.

Return the meatballs to the pan along with the pineapple. Stir gently to mix and put pan into oven and cook for 35 minutes until vegetables are cooked.

RICE

Ingredient	2	3	4	5	6	
White rice	100 g	150 g	200 g	250 g	300 g	

1. Absorbent method: Bring water to the boil (double the qty of the rice you are using). Add rice to saucepan and reduce heat to a simmer whilst stirring. Cover and cook, checking and stirring often, until rice is cooked and water absorbed. Add more water if needed.
2. Rice Cooker: cook rice according to your rice cooker's instructions.

MASH POTATO

Makes as you like, or follow my method below. Yes, I use the microwave as my stove is small and often full with the rest of the dinner I'm cooking.

Ingredient	2	3	4	5	6	
Potatoes	200 g	300 g	400 g	500 g	600 g	
Butter	1/2 tbsp	3/4 tbsp	1 tbsp	1 1/4 tbsp	1 1/2 tbsp	
Milk	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp	

Peel and cut potatoes into chunks. Place in microwave proof bowl with a splash of water. Cover and microwave until potatoes are soft. Use a masher to mash adding butter and milk as needed.

ROAST POTATOES

Ingredient	2	3	4	5	6	
Potatoes	200 g	300 g	400 g	500 g	600 g	
Olive oil	1/4 tbsp	1/3 tbsp	1/2 tbsp	2/3 tbsp	3/4 tbsp	

Heat oven to 200 degrees. Cut potatoes into quarters, or smaller if you like. Spray with some oil and season with salt and pepper. Put in oven until crispy.

GARDEN SALAD

Ingredient	2	3	4	5	6	
Lettuce	1/4	1/3	1/2	2/3	3/4	
Tomato	1/4	1/3	1/2	2/3	3/4	
Cucumber	1/4	1/3	1/2	2/3	3/4	
Carrot	1/4	1/3	1/2	2/3	3/4	
Red onion, finely sliced	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp	
Capsicum	1/4	1/3	1/2	2/3	3/4	
Snow pea, trimmed and halved	20 g	30 g	40 g	50 g	60 g	

Cut everything up how you like and throw in a bowl.