

PANTRY 01

THE EVERYDAY PANTRY

Start here. Familiar ingredients, low drama and eight dinners that prove a basic trolley shop can move from fried rice to curry to pasta to an omelette without feeling repetitive.

\$154.96

TROLLEY

\$19.37

AVG / FAMILY DINNER

= \$325

SAVINGS VS 8 TAKEAWAYS

THE 8 DINNERS

01 BEEF & BEAN CHILLI

02 CHICKEN FRIED RICE

03 ONE-POT TOMATO CHICKEN & RICE

04 CREAMY GARLIC CHICKEN PASTA

05 SWEET & SOUR CHICKEN STIR-FRY

06 COCONUT CHICKPEA CURRY

07 CHEESY TOMATO & BEAN PASTA BAKE

08 POTATO, EGG & VEGGIE SPANISH OMELETTE

SCREENSHOT OR PRINT THIS PAGE BEFORE YOU SHOP.
Check your cupboard first.
The cheapest ingredient is the one you already paid for.

THE TROLLEY • SUPERMARKET LIST

- Chicken thighs 2kg (boneless, skinless)
- Beef mince 500g
- Eggs 12 pack
- Long-grain rice 2kg
- Dried spiral pasta 2 × 500g packs
- Frozen mixed vegetables 2 × 1kg packs
- Cheese 500g block
- Milk 1L
- Potatoes 2kg
- Brown onions 1.5kg
- Fresh garlic 1 × 7-bulb pack
- Fresh flat-leaf parsley 1 living pot/bunch
- Crushed Garlic & Ginger Mix 1 × 380g tub
- Chopped tomatoes 4 × 400g cans
- Chickpeas 2 × 400g cans
- Kidney/black beans 2 × 400g cans
- Coconut milk 400ml can
- Tomato paste 1 × 130g pack
- Tomato sauce/ketchup 1 × 500ml bottle
- Soy sauce 1 × 500ml bottle
- White vinegar 1 × 1L bottle
- Vegetable cooking oil 1 × 1L bottle
- White sugar 1 × 1.5kg bag
- Cornflour 1 × 500g box
- Chicken stock cubes 1 × 10-pack
- Beef stock cubes 1 × 10-pack
- Vegetable stock cubes 1 × 10-pack
- Curry powder 1 × 100g pack
- Paprika 1 × 30g pack
- Ground cumin 1 × 30g pack
- Chilli powder 1 × 30g pack
- Dried mixed herbs 1 × 15g pack
- Salt 1 × 500g pack
- Ground black pepper 1 × 50g pack