

day 1

day 2

day 3

day 4

day 5

day 6

day 7

**pantry**  
**essentials**

olive oil  
vinegar  
tinned tomatoes  
pasta/pasta sauce  
rice  
curry paste  
soy/oyster sauce  
stock/seasonings  
eggs

**shop**

add these  
to your  
box order

**suggestions**

★ fish with salad/veggies

★ pasta, italian-style  
soup or salad

★ stir fry with noodles,  
asian-style soup/salad

★ bbq or roast veggies

★ curry & rice, casserole or  
slow cooked meal

★ eggs - omelette, quiche,  
fritters or frittata

★ rice - risotto, fried rice or  
pilaf

★ soup - use up leftover  
veggies. freeze for rainy  
days/work lunches