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| **CHOPPING LIST** | | | |
| **WEEKEND BREAKFAST** | | | |
| **FRUIT SALAD** | | | |
|  |  |  |  |
| 3 |  | chopped apples |  |
| 3 |  | sliced bananas |  |
| 3 |  | chopped pears |  |
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| **CHOPPING LIST** | | | |
| **WEEKEND LUNCH** | | | |
| **SALAD** | | | |
| 3/4 |  | sliced cucumbers |  |
| 1 | cup | grated carrots |  |
| 2 | cup | sliced celery stalks |  |
| 1 1/2 | cup | sliced red capsicums |  |
| 1 1/2 |  | coarsely chopped lettuces | into 2cm x 2cm cubes |
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|  |  |  |  |
|  |  |  |  |
| 6 |  | chopped tomatoes |  |

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| **CHOPPING LIST** | | | |
| **WEEKDAY BREAKFAST** | | | |
| **FRUIT SALAD** | | | |
|  |  |  |  |
| 2 1/2 |  | chopped apples |  |
| 2 1/2 |  | sliced bananas |  |
| 2 1/2 |  | chopped pears |  |
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| **CHOPPING LIST** | | | |
| **WEEKDAY LUNCH** | | | |
| **SALAD** | | | |
| 1/2 |  | sliced cucumbers |  |
| 3/4 | cup | grated carrots |  |
| 1 1/2 | cup | sliced celery stalks |  |
| 1 1/4 | cup | sliced red capsicums |  |
| 1 1/4 |  | coarsely chopped lettuces | into 2cm x 2cm cubes |
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| 4 3/4 |  | chopped tomatoes |  |

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| **CHOPPING LIST** | | | |
| **DAILY SAFE MEAL** | | | |
| **TOFU VEGETABLE STIR FRY** | | | |
| 2 | tbs | minced fresh ginger |  |
| 1 | tbs | finely chopped fresh corriander |  |
| 1 1/2 |  | blocks tofu, cut into cubes |  |
|  |  |  |  |
|  |  |  |  |
| 1 | cup | chopped carrots |  |
| 2 | cup | chopped kumara |  |
| 1 1/2 | cup | chopped broccoli florets |  |
| 1 | cup | chopped red capsicums |  |
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|  |  |  |  |
| 1 | cup | chopped spinach |  |
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| **CHOPPING LIST** | | | |
| **SATURDAY LUNCH** | | | |
| **SPLIT PEA COMBINATION CURRY** | | | |
| 3 1/4 | lt | chopped potatoes |  |
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|  |  |  |  |
| 3 | cup | chopped onions |  |
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| **CHOPPING LIST** | | | |
| **SATURDAY DINNER** | | | |
| **GYPSY SOUP** | | | |
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|  |  |  |  |
| 1 1/2 | cup | diced celery stalks |  |
| 1 3/4 | lt | diced carrots |  |
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| 2 3/4 | cup | diced green capsicums |  |

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| **CHOPPING LIST** | | | |
| **SUNDAY LUNCH** | | | |
| **RED LENTIL DAHL** | | | |
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| 1 3/4 | lt | chopped zucchini |  |
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|  |  |  |  |
| 1 3/4 | tbs | minced fresh ginger |  |
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| **CHOPPING LIST** | | | |
| **SUNDAY DINNER** | | | |
| **ITALIAN SOUP** | | | |
|  |  |  |  |
| 1 3/4 | lt | diced carrots |  |
| 1 1/2 | cup | diced celery stalks |  |
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| 5 1/2 | l | sliced silverbeet leaves |  |
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| **CHOPPING LIST** | | | |
| **MONDAY LUNCH** | | | |
| **THAI STYLE VEGETABLES** | | | |
|  |  |  |  |
| 1 1/2 |  | blocks tofu, cut into cubes | wrap in kitchen paper and press between two plates with heavy object on top until excess water removed, then cut |
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|  |  |  |  |
| 3 1/4 | cup | chopped onions |  |
| 3 1/4 | tbs | minced fresh ginger |  |
| 5 3/4 | cup | chopped cauliflowers |  |
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|  |  |  |  |
| 5 1/2 | cup | chopped broccoli florets |  |
| 2 3/4 | cup | chopped yellow capsicums |  |
| 5 1/4 | cup | sliced celery stalks |  |
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| 3 |  | juiced lemons |  |
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| **CHOPPING LIST** | | | |
| **MONDAY DINNER** | | | |
| **KUMARA, CARROT, AND CORN SOUP** | | | |
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|  |  |  |  |
| 4 1/2 | lt | chopped kumara |  |
| 1 1/2 | lt | chopped carrots |  |
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|  |  | chopped fresh chives |  |

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| **CHOPPING LIST** | | | |
| **TUESDAY LUNCH** | | | |
| **BROCCOLI AND TOFU WITH PEANUT SAUCE** | | | |
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| 2 1/4 |  | blocks tofu, cut into cubes | wrap in kitchen paper and press between two plates with heavy object on top until excess water removed, then cut |
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|  |  |  |  |
| 2 1/2 | cup | chopped onions |  |
| 1/4 | cup | minced fresh ginger |  |
|  |  |  |  |
|  |  |  |  |
| 2 1/4 | lt | chopped broccoli florets |  |
| 3 1/4 | lt | chopped cauliflowers |  |
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| **CHOPPING LIST** | | | |
| **TUESDAY DINNER** | | | |
| **MISO AND TOFU SOUP** | | | |
| 3 1/4 | tbs | minced fresh ginger |  |
| 1 3/4 | lt | sliced carrots |  |
| 2 3/4 | cup | sliced celery stalks |  |
| 4 1/4 | lt | thinly sliced white cabbage leaves |  |
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| 2 |  | blocks tofu, cut into small cubes | wrap in kitchen paper and press between two plates with heavy object on top until excess water removed, then cut |
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| **CHOPPING LIST** | | | |
| **WEDNESDAY LUNCH** | | | |
| **SHEPHERDESS PIE** | | | |
|  |  |  |  |
| 2 3/4 | lt | chopped potatoes |  |
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|  |  |  |  |
| 3 1/2 | cup | diced carrots |  |
| 1 3/4 | cup | diced celery stalks |  |
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| **CHOPPING LIST** | | | |
| **WEDNESDAY DINNER** | | | |
| **CURRIED KUMARA AND CARROT SOUP** | | | |
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|  |  |  |  |
| 4 | tbs | minced fresh ginger |  |
| 6 1/4 | cup | chopped celery stalks |  |
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| 4 1/2 | cup | chopped carrots |  |
| 8 | cup | chopped kumara |  |
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| 1 1/4 |  | juiced lemons |  |
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| **CHOPPING LIST** | | | |
| **THURSDAY LUNCH** | | | |
| **COURGETTE AND CHICKPEA CURRY** | | | |
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|  |  |  |  |
| 2 1/2 | cup | chopped onions |  |
| 2 | tbs | minced fresh ginger |  |
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| 4 3/4 | cup | chopped kumara |  |
| 5 | cup | chopped carrots |  |
|  |  |  |  |
|  |  |  |  |
| 1 3/4 | lt | chopped cauliflowers |  |
| 1 3/4 | lt | sliced zucchini |  |
| 6 1/4 | cup | sliced silverbeet leaves |  |
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| **CHOPPING LIST** | | | |
| **THURSDAY DINNER** | | | |
| **VEGGIE AND SPLIT PEA SOUP** | | | |
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| 4 1/2 | tbs | minced fresh ginger |  |
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|  |  |  |  |
|  |  |  |  |
| 1 3/4 | lt | chopped potatoes |  |
| 5 3/4 | cup | chopped celery stalks |  |
| 1 3/4 | lt | chopped silverbeet leaves |  |
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