



REAL FOOD

# The \$100 Challenge



GLUTEN FREE

**CREATE 68 SERVINGS OF OF  
REAL FOOD FOR JUST \$100**

[www.JamieGeurtjens.com](http://www.JamieGeurtjens.com)

Welcome to the \$100 Real Food Challenge,

I created this challenge to help save some money, feed my growing children more nutrient dense food and to cut down on the hours I spend planning and cooking meals each week in the kitchen.

I'm so thrilled by how many meals I was able to create with just the \$100, and I would LOVE to hear how you go with your own \$100 challenge.

Cook the meals ahead of time and freeze them to make life easier. I froze my meals in containers, thawed them and then popped them into an oven dish to heat for tea.

Make the meals your own, and add any extra herbs and spices that you already have in the pantry. Be creative!

Share the photos of your \$100 challenge to inspire others on [Facebook/jamiegeurtjenswellness](https://www.facebook.com/jamiegeurtjenswellness).

Happy creating,

Jamie x

## The Shopping List

Please note prices change and these are the prices I paid when I shopped at Pak 'n Save on the 19/07/17 - They will change weekly so buy what is on special even if it means altering the meals slightly.

### Vegetables - Fresh

Whole crown pumpkin	\$3.49
Value pack potatoes (5kg)	\$5.00
Fresh Carrots (1.038kg)	\$1.55
Onions (2kg)	\$2.50

### Vegetables - Frozen

Pams stir fry vegetables - Frozen (1kg)	\$3.49
SB Vegetable Medley - Frozen (1kg)	\$3.79
Budget frozen mixed vegetables (1kg)	\$2.19

### Meat

Beef topside steak (920g)	\$11.03
Pork Diced (770g)	\$10.00
Mince (700g)	\$12.00
Chicken breasts (610g)	\$10.31
Hoki Fillets (1.072kg)	\$12.85

### Chiller

Rolling meadow Colby cheese. (500g)	\$5.00
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### Pantry Ingredients

Napoli kidney beans tinned	\$0.79 x3	\$2.37
Trident coconut cream		\$2.25
Value tomatoes tinned	\$0.79 x4	\$3.16
Value brown rice (1kg)	\$1.79 x2	\$3.58
Pams red split lentils dried (500g)		\$2.29
Pams herbs - thyme (15g)		\$0.93
Pams herbs - mixed herbs (15g)		\$0.93
Pams spices - paprika (40g)		\$1.20

**Total spend:**

**\$99.91**

Left over items - 5 onions, cheese, plus some herbs and spices.

**Optional additional cost - Highly recommended**

Pams spices - turmeric 40g \$1.20

Pams spices - curry powder \$1.20

# Recipes:

## **Mexican Mince & Beans with Rice**

### **Ingredients:**

700g ground mince  
3x tins drained and rinsed kidney beans  
1 tin chopped tomatoes  
2 diced brown onions  
1 tbsp mixed herbs  
3 tbsp paprika

500g brown rice  
250g value frozen mixed vegetables

### **Method:**

1 - Rinse and drain 500g of brown rice and cook according to packet instructions. Add 250g of value mixed vegetables to the rice just before it's ready.

2 - heat a little olive oil in a large fry pan and lightly fry the onions until soft.

3 - add the 3 tins of kidney beans and fry for 2 minutes with the onions.

4 - add the ground mince and stir while cooking until mince is well cooked.

5 - add the tin of tomatoes, herbs and paprika and stir well.

6 - cook for an additional 5 minutes and then serve with the rice and vegetables.

**Optional cost** - add a little chilli powder to spice up the meal if you have it, and enjoy spicy food. You could also serve with some sour cream.

# **Fish, Vegetable & Cheese Pie**

## **Ingredients:**

1kg fresh hoki fillets  
1 onion diced  
500g value frozen mixed vegetables  
1 tbsp thyme  
1/2 tsp turmeric  
400g grated cheese

## **Method:**

1 - cook the 6 potatoes with 1 large piece of pumpkin in a pot of water with a pinch of salt until soft and mash well.

2 - preheat oven to 200C and heat oil in a pan and add diced onion, and cook until onion is soft.

3 - add the vegetables and warm through.

4 - add the fish and cook until soft and flaking - will only take a few minutes.

5 - add the herbs and turmeric and mix.

6 - remove the fish and vegetable mix from the stove and place in the bottom of a large oven dish.

7- sprinkle 150g of cheese over the top of the fish mix and the top with the mashed potato and pumpkin.

8 - top with the rest of the grated cheese and an extra sprinkle of dried thyme.

9 - place in the hot oven and cook for 30 - 40 minutes to warm through and brown the cheese on top.

**Optional cost:** I like to add a 210g tinned salmon, or add you can add your favourite seafoods. You can also make a cheese sauce using a little gluten free flour, with milk and some grated cheese and put it over the fish before topping with the mash to make it creamier. Serve by itself or with a fresh green garden salad.

# **Lentil, Potato & Pumpkin Dahl**

## **Ingredients:**

2 chopped onions

500g of red split lentils

1 cup of cubed potato

7 cups of water

1 tin of diced tomatoes

3 tbsp turmeric

Optional cost but highly recommended: 2 tsp curry powder

500g brown rice

## **Method:**

1 - cook 500g brown rice in a pot according to the packet instructions.

2 - heat oil in a pan, and gently fry onions until soft and fragrant.

3 - add the spices, water, lentils, potato, pumpkin and tomatoes to the pan, and bring to the boil for 5 minutes, before turning down to a medium simmer.

4- simmer dahl for 40 -50 minutes on a low heat until lentils and vegetables are soft, and serve with rice.

**Optional cost:** Squeeze the juice of a lemon through before serving. Serve with a dollop of natural greek yoghurt and chopped fresh tomatoes. You can sprinkle over fresh chopped herbs such as coriander or parsley.

# Slow Cooked Beef & Vegetable Stew

## Ingredients:

920g topside steak diced (approx.)  
1kg mixed vegetable medley - frozen  
1 tin diced tomatoes  
2 diced brown onions  
3 tbsp mixed herbs  
1 tbsp turmeric  
3 tbsp paprika

500g brown rice

**Optional cost but highly recommended:** Add 2 tins of drained lentils, these are so cheap, will extend how far the meal goes and adds extra iron for growing kids.

## Method:

1 - turn slow cooker on to low, and add all the ingredients. You can leave the vegetables until the last couple of hours if you are going to be home (and have a great memory to add them in) they will keep their colour better, but I add them all in together at the start and then I know dinner is all organised.

2- cook in slow cooker for 6-8 hours.

3 - cook rice according to the directions of the packet and serve.

# **Creamy Coconut Chicken**

## **Ingredients:**

### **Coconut chicken**

1 tin coconut cream  
600g diced chicken breasts  
1 diced brown onion  
3 large carrots diced  
1 potato diced  
2 tbsp turmeric  
250g value frozen mixed vegetables

**Optional cost but highly recommended:** 2 tbsp curry powder

### **Mash -**

4 peeled potatoes  
1 large piece of pumpkin

## **Method:**

1 - set slow cooker to low and add all the ingredients for the chicken curry.

2 - cook in the slow cooker for around 5-6 hours.

3 - cook potatoes and pumpkin in a pot of water with salt until very soft, drain 3/4 of the water and mash well.

# Easy Pork Fried Rice

## Ingredients

700g diced pork  
1 diced onion  
1 kg of Pam's classic stir fry vegetables  
2 tbsp paprika  
2 tbsp thyme  
1 tin of diced tomatoes  
Salt and pepper to taste

500g cooked brown rice

## Method:

1 - heat oil in a large fry pan and cook onion and pork together until lightly browned.

2 - add spices, tomatoes, and frozen vegetable and cook for a few more minutes until vegetables are hot and well cooked and pork is cooked right through.

3 - remove from the heat and add to the cooked rice.

This can be frozen and then thawed to make a very quick and easy pork fried rice meal. Once thawed I heat the oil in a pan, and add the pork, rice and vegetable mix. I then fry it on a medium heat until it turns a golden colour and is warmed right through.

**Optional cost:** Try making a well in the middle of the fried pork and rice mixture when it is just about ready, add in a dollop of oil and 4 beaten eggs. Leave a couple of minutes until the egg is well cooked and fold through the mix to make it go even further and add a bit of extra protein and flavour.

# **Nourishing Vegetable Soup**

## **Ingredients**

3 litres of water  
1300g pumpkin (approx.)  
5 large carrots  
400g potatoes  
2 diced brown onions  
2 tbsp mixed herbs  
2 tbsp turmeric  
salt and pepper to taste

## **Method**

1- dice all the vegetables, and add to the pot of water with herbs, spice and salt and pepper.

2- cook on a medium heat until vegetables are very soft and fall apart, this takes around 35 - 45 minutes.

3 - remove from heat and mash well until the soup is thick and well mixed.

This soup freezes really well. Add some fresh rosemary from the garden if you have it, or left over roast bone for extra nutrients.