



Your recipe for **saving money**

Just add **thermomix**

Welcome to more of what you love for less



Unlock the money-saving potential of Thermomix®

What if sticking to your food budget didn't mean compromising on quality or taste? What if you could save on your grocery bills with cost-effective meals cooked using less energy and little effort?

What if you could enjoy all your takeaway favourites made at home for a fraction of the cost? Or even scoop savings in your sleep (literally while you're catching zzzs) by making one of the most shopped items overnight?

Discover how Thermomix® turns all those what-ifs into real financial benefits. And hear from Aussie families who've found new ways to stretch their dollars further by getting the most out of having a Thermomix® on their kitchen bench.

Get practical advice from licensed personal finance legend Queenie Tan to help your money go further. Queenie's creative tips are easy to implement and can make a real impact on your monthly expenses.

Grab a budget-friendly meal plan that makes affordable cooking a breeze, designed to help you prepare delicious, balanced meals without breaking the bank. And see how much time you'll save too, with a side-by-side comparison of Thermomix® cooking versus traditional cooking methods.

Bag a whole lot more tasty, nutritious bang for your grocery bucks the easy way, with Thermomix®.



Want to save money on food?

You're not alone.



spent per week on groceries

The majority of households shop weekly for groceries and spend an average of \$201 per week.

8 out of 10

want to spend less

80% wish they could spend less on groceries every week. And for families with children aged 13-17, it's as many as 88%.



68%

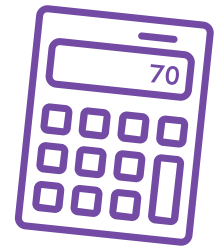
dread seeing the grocery bill

Almost 7 out of 10 say they dread seeing the total cost of their groceries at the checkout.

\$70

per week on
takeaway

1 in 4 buy takeaway meals for dinner at least once a week and spend an average of \$70 every week.



42%

 are looking for answers

2 in 5 said they don't know how to reduce what they spend on groceries.



What are they buying?

3 top shopping list items:

56% shop weekly for everyday bread

48% shop at least fortnightly for yoghurt

33% buy muesli bars or wraps weekly

72%

want cheap AND delicious

More than 7 in 10 wish they could spend less money on food but still be able to enjoy healthy and delicious meals.

How does Thermomix® help you save money?



Hands-free cooking has helped us decide on dinners for the family, has given us variety, easy to use, less dishes to wash, everyone in family now eats and enjoy healthy meals, has saved us lots of money from not buying take out and using recipes with less ingredients.

Mags G.

Thermomix® Customer

Chop **\$100** off grocery bills

The average Australian could save around \$100 on grocery bills per month if they owned a Thermomix®[^].



The TM7 replaces over

20 kitchen appliances

– so you're not just saving space, you're saving on clutter, energy use and impulse gadget buys!



Take **\$173** off takeaway costs

The average Australian could save around \$173 on takeaway per month if they owned a Thermomix®[^].



I can now cook from scratch without spending ridiculous amounts of time in the kitchen. We have also saved money as we tend to have less waste.

Natasha P.

Thermomix® Customer

Disclaimers

[^]Our price comparisons are based on the full advertised prices at a major supermarket or comparable "takeaway" products from a number of food outlets or national franchises as at 28 March 2024. Prices listed exclude common pantry items. Prices are only for indicative comparison, and do not represent actual savings. Prices do not account for sales or promotions and may vary according to location, date, and other factors.

More seasons to save!



If there isn't already so much to love about Thermomix®, check out our seasonal savings guides, packed with recipes to save time and money!

Click here to download our latest Savings Guide.



Invest
one time
Save for a
lifetime

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Queenie Tan

on how to save money and still enjoy all the things you love in life.



Licensed personal finance TikTok sensation Queenie Tan started her financial journey as a 19-year-old Sydneysider struggling to pay rent and make ends meet. Skip forward seven years, and Queenie's net worth is now over half a million. She's well on her way to reaching financial freedom and generously sharing all she's learned to help others create a better financial future for themselves.

We asked Queenie to share her best advice on how to cut the cost of living without impacting your lifestyle. Here are her top tips to help you save and still enjoy the things you love.

Budgeting and reviewing expenses

Most people look at cutting out their \$5 coffees or \$16.99 Netflix subscription. But if you can find a way to reduce the biggest expenses like housing, transport and food, even by a little bit, you can still enjoy the fun stuff.

Start by looking at your expenses from the past three months. Look for areas you can save and set up automatic monthly transfers to a savings account so you can see those monthly savings add up.

Freezing food

Freezing food is a great way to save on food waste. My favourite things to freeze are fresh herbs! I chop up those big bunches, put them in an ice cube tray, fill the tray with olive oil and put it in the freezer. So, I've always got fresh herbs and nothing goes to waste.

Avoiding the lazy tax

The lazy tax is the price you pay for not reviewing your subscriptions. I go through all my subscriptions each year to make sure they're still competitive. Good things to check are your insurance, mortgage interest rates, high-interest savings accounts, phone, internet and electricity.

Cooking more at home with the Thermomix®

Since getting a Thermomix®, I find myself cooking at home a lot more than getting take-out and we're saving around \$200 per month on food. I'm buying a lot of raw foods in bulk and making my own pantry staples and I'm a lot more open to trying new recipes because I know it will turn out perfectly with Thermomix® and I won't waste any ingredients. And, as Thermomix® replaces so many kitchen appliances, I've earned some extra money selling our blender, hand mixer, slow cooker and more on Facebook Marketplace.

Planning ahead for grocery shopping

Planning my meals has helped me save a ton of money. Every week, I browse the Cookidoo® app for inspiration and add the recipes I'd like to cook to my weekly calendar and the ingredients I'll need to my grocery list. I shop online and sort my list by unit price (lowest to highest), often selecting the cheaper home brand products and avoiding any impulse purchases. Plus, I always remember to use my loyalty card. Those points add up to some decent savings over the course of a year.

Buying and selling on Facebook Marketplace

In Australia, it's estimated we have \$60 billion worth of unused stuff in our homes. That's \$6,623 per household! I know it can be hard to get rid of stuff – I often think I should keep things even if I don't use them and feel guilty that I bought them in the first place. But it feels so much better to have cash in my pocket and to know that my unused items are going to someone who will actually use them more. And buying items you need on Facebook Marketplace is much cheaper than buying new and better for the planet too.

Investing in quality items

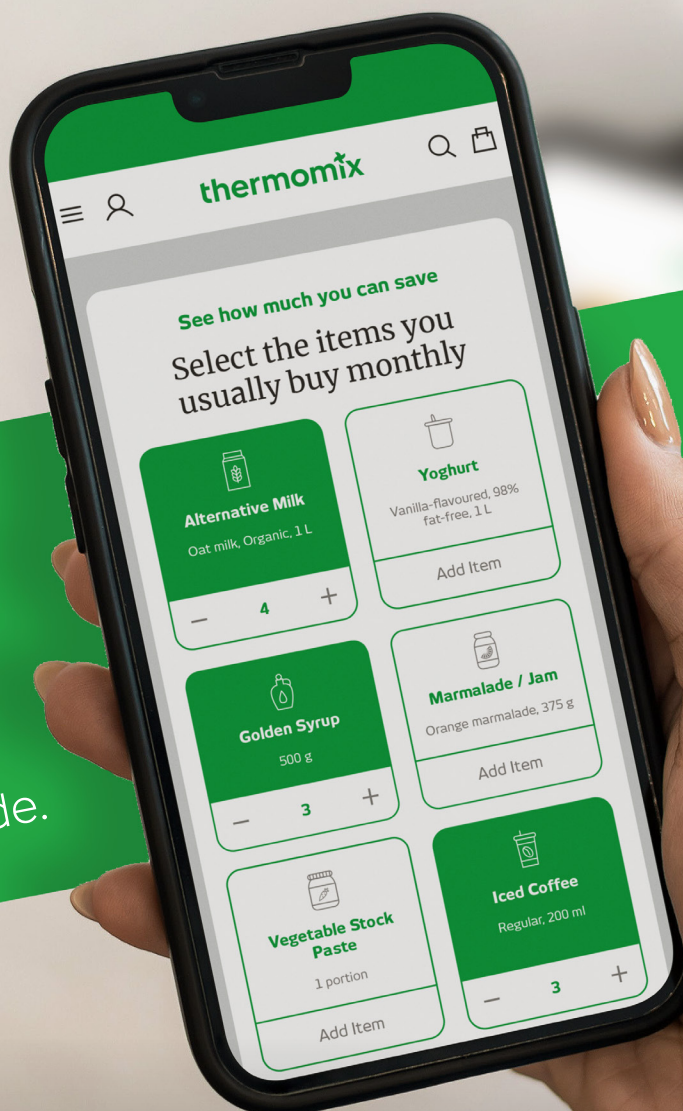
It sounds counter-intuitive, but sometimes buying something that's a little more expensive that you really love and will wear often can actually save you more money compared to buying something cheap that you don't like that much and won't use as often.

I used to always shop in the sales or clearance sections and end up buying items that I hardly ever wore. Nowadays, if I don't rate something 90% or above, I just don't buy it. It's a great rule because now everything I own is something I absolutely love.



Turn your shopping list into a **savings list**

You'll be surprised at just how much you can save when you switch from store-bought to Thermomix®-made.



[Click here](#) to access our interactive savings calculator.



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Money meal plan



Weekend prep ahead



Make your [Natural yoghurt](#) and set it to ferment Saturday night while you sleep. Place into the fridge to set Sunday morning.

Make [Thermomumma white sandwich bread loaf](#).

Make [Curried chickpea and lentil sandwich filling](#). You can use tinned lentils to speed up prep. If using tinned lentils skip step 1 and 2.

Optional: Get a head start on Tuesday's dinner by making your meatloaf up to step 4. Place meatloaf in fridge.

	Breakfast	Lunch	Dinner
Mon	 Cada (Fresh Muesli) with natural yoghurt	Curried chickpea and lentil sandwich	Pasta e fagioli
Tues	Quick porridge	 Pasta e fagioli (leftovers) served with bread	Spinach and cheese filled meatloaf <i>Save more: Replace yellow capsicum with zucchini.</i>
Wed	Cada (Fresh Muesli) with natural yoghurt	Curried chickpea and lentil sandwich (leftovers)	 Mexican stack <i>Save more: Make your own Flour tortillas.</i>
Thur	 Quick porridge	Vegetable soup <i>This recipe uses up any leftover veg you have in the crisper.</i>	Chicken and pesto risoni

	Breakfast	Lunch	Dinner
Fri	Apple pie smoothie	Vegetable soup (leftovers)	Meatballs in tomato sauce <i>Click here to watch a video of this recipe on our YouTube channel.</i>
Sat	 Sunday morning breakky bake <i>Save more: Swap prosciutto for ham or omit completely.</i>	Vegetarian sausage rolls with spelt pastry	Turkey burgers with caramelised onion and capsicum
Sun	Sunday morning breakky bake (leftovers)	Turkey burgers and vegetarian sausage rolls (leftovers)	 Slow cook Sunday Silverbeet dahl
Snacks (Optional)	Banana and oatmeal energy bars		

How we wrote our meal plan

This meal plan has been designed for 4 people and includes lots of variety to show the types of meals you can create with Thermomix®. Where possible we've included recipes that give the option to adjust portion sizes up or down. You can also tweak this meal plan to suit your lifestyle. E.g. if you're cooking for 2, in most cases, you can skip making an additional recipe for lunch and eat leftovers. This might also work if you have smaller children who take a lunchbox to school.

Create your meal plan and shopping list in a few clicks on Cookidoo®

All of these recipes are available on our recipe platform Cookidoo®. Here you can add these to your weekly meal plan and generate a shopping list. Cookidoo® also has a seamless integration with Woolworths online shopping.



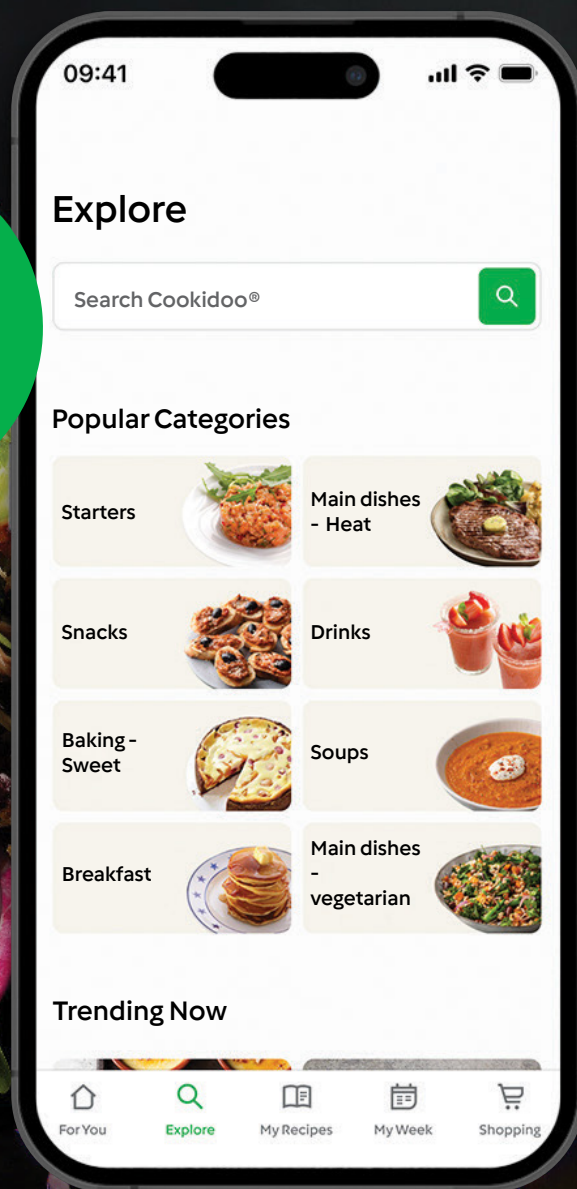
I am able to make my own sauces and meals in a quicker timeframe using fresh ingredients and I actually save money.

Kirby J.
Thermomix® Customer

Cookidoo

Inspiring like never before.

Over
100,000
recipes



Guided cooking with our online recipe platform Cookidoo® is the heart and soul of every Thermomix®. Now more intuitive than ever, you can explore thousands of recipes right at your fingertips, whether on your Thermomix® or mobile app.

Get 30 days free!

[Click here to start your Cookidoo® trial.](#)

thermomix

VORWERK



Natural yoghurt

With Thermomix®

Ingredients

110 g natural yoghurt
1800 g full cream milk

100 g full cream milk powder
50-80 g caster sugar (optional)



Active time
5 min



Total time
11 hrs



Difficulty
Easy



Quantity
16 Portions

So simple to make.
Save \$400 a year
from buying
yoghurt*

Useful Items

Bowl
Sealable container

Kitchen Equipment

Refrigerator
Thermomix®

Preparation

1. Place a bowl onto mixing bowl lid and weigh yoghurt into it. Set aside.
2. Place milk into mixing bowl and heat **13 min/80°C/speed 3, without measuring cup.**
3. Add milk powder and sugar (optional) and mix **5 sec/speed 4.** Allow to cool in mixing bowl until temperature drops to 45°C (approx. 60 minutes).
4. Add a little of the cooled milk to the reserved yoghurt and stir to combine. Add yoghurt mixture to mixing bowl and mix 5 sec/speed 3, then start **Fermentation/8 h/40°C.**
5. Transfer yoghurt into a sealable container and place into refrigerator for a minimum of 2 hours to chill completely before serving.

*Price comparisons are based on the full advertised prices at a major supermarket or comparable "takeaway" products from a number of food outlets or national franchises as at 6 June 2024. Prices are only for indicative comparison, and do not represent actual savings. Prices do not account for sales or promotions and may vary according to location, date, and other factors.



Natural yoghurt

Without Thermomix®

Ingredients

110 g natural yoghurt
1800 g full cream milk

100 g full cream milk powder
50-80 g caster sugar (optional)



Active time
30 min



Total time
12 hrs



Difficulty
Medium



Quantity
16 Portions

Click [here](#) to
see the with and
without
Thermomix®
comparison
video

Useful Items

Bowl
Sealable container
Saucepan
Cup

Kitchen Equipment

Refrigerator
Oven
Thermometer
Kitchen scales

Preparation

1. Pour milk into a saucepan over a medium heat. Attach a thermometer to the side of the pan and allow it to heat until it reaches 85°C (approx. 20 minutes).
2. Remove the saucepan from the heat and set aside until temp reduces to 45°C (approx. 1 hour).
3. Add yoghurt to a 2.2-litre container, then pour in a cup of the milk and stir well. Add the remainder of the milk and stir again, then cover container.
4. Preheat oven to 40°C, then turn the heat off and leave the oven light on. Place yoghurt jar into the oven and leave for 6-10 hours.
5. Once yoghurt has set, refrigerate until cooled completely.



Ready to get started? Contact me today!



Click [here](#) to join our community for all the latest inspiration and offers from Thermomix®.