

WEEKS one TO four

PANTRY AND REFRIGERATOR STAPLES

Check your pantry and fridge are stocked with the essentials

CANNED, BOTTLED, PACKAGED

- beetroot, canned
- brown sugar, and white
- chipotle sauce
- currants
- fish sauce
- honey
- hot sauce (*piri piri, sriracha*)
- reduced-fat mayonnaise
- mustard (*English, wholegrain*)
- oil (*olive, peanut, rice bran, sesame, spray*)
- oyster sauce
- risoni
- reduced-salt soy sauce
- reduced-salt stock (*chicken, vegetable*)
- sweet chilli sauce
- tahini
- Thai red curry paste
- no-added-salt tomato paste
- tomato purée
- vinegar (*balsamic, white wine*)

DRY GOODS, HERBS AND SPICES

- almonds (*flaked, raw, slivered*)
- black pepper
- breadcrumbs, *dried, wholemeal*
- chia seeds
- chilli flakes
- ground coriander
- cornflour
- couscous (*plain, wholemeal*)
- dried cumin
- curry powder
- flour (*plain, self-raising*)
- garlic bulbs
- dried mint
- dried mixed herbs (*Italian*)
- nutmeg
- dried oregano
- smoked paprika
- polenta, instant
- pumpkin seeds
- quinoa
- red lentils
- rice (*basmati, brown*)
- salt
- sesame seeds

CHILLED AND FROZEN

- reduced-fat cheddar
- green beans (*sliced, whole*)
- mixed vegetables
- parmesan
- peas
- spinach
- sweetcorn kernels
- trim milk
- large tub low-fat plain yoghurt

The remaining lists and meal plans will be at **healthyfood.co.nz/KSPlan** and in your Motivator emails.

