



Here's everything you need for four nights of simple, tasty, nutritionist-approved meals for two for under \$99. Just grab your shopping list and get dinner done.

# It's on the table...

## Step 1

Check your pantry is stocked with the essentials

### Pantry staples

- ☐ balsamic vinegar
- ☐ brown rice
- ☐ dates
- ☐ Dijon mustard
- ☐ extra virgin olive oil
- ☐ pepper
- ☐ pumpkin seeds
- ☐ salt
- ☐ smoked paprika
- ☐ spray oil

## Step 2

Hit the supermarket  
Shopping list

### Eggs, dairy

- ☐ 30g blue cheese
- ☐ 6 eggs
- ☐ feta
- ☐ small tub of low-fat plain yoghurt

### Bottled, canned

- ☐ 400g can chickpeas
- ☐ tahini

### Meat, fish and poultry

- ☐ 4 large chicken drumsticks
- ☐ 300g lamb leg steaks
- ☐ 280g pork fillets

### Produce

- ☐ fresh basil
- ☐ broccoli
- ☐ 400g cherry tomatoes
- ☐ 4 courgettes or 440g marrow
- ☐ 2 fresh or dried figs
- ☐ garlic
- ☐ fresh ginger
- ☐ 3 golden kumara (340g)
- ☐ spring onions
- ☐ 2 lemons
- ☐ 1 orange
- ☐ 75g rocket
- ☐ 130g silver beet or spinach

