



## WEEKNIGHT meal PLANNER

Here's everything you need for four nights of delicious, nutritionist-approved meals for two for under \$75. Just grab your shopping list and get dinner done.

Meals for  
two!

# It's on the table...

### Step 1

Check your pantry is stocked with the essentials

#### Pantry staples

- ☐ apple cider vinegar
- ☐ brown rice
- ☐ brown sugar
- ☐ curry powder
- ☐ Dijon mustard
- ☐ ground cumin
- ☐ no-added-salt tomato paste
- ☐ oil spray
- ☐ olive oil
- ☐ reduced-salt chicken stock
- ☐ reduced-salt soy sauce
- ☐ reduced-salt vegetable stock or miso paste
- ☐ salt
- ☐ sesame oil
- ☐ smoked paprika
- ☐ Worcestershire sauce

#### Dairy

- ☐ light sour cream

#### Bottled, canned, packaged

- ☐ coconut milk powder (we used Stir)
- ☐ 400g can lentils in spring water
- ☐ minced ginger
- ☐ mirin (use sugar if unavailable)
- ☐ pumpkin seeds
- ☐ sauerkraut or chutney (optional)
- ☐ sesame seeds
- ☐ soba noodles
- ☐ wasabi paste

#### Frozen

- ☐ broad beans
- ☐ peas

### Step 2

Hit the supermarket  
Shopping list

#### Meat, poultry

- ☐ 300g chicken breasts
- ☐ 300g lamb leg steaks
- ☐ 200g salmon fillet

#### Produce

- ☐ 250g baby carrots and 2 carrots (or use 4 carrots)
- ☐ courgette
- ☐ daikon (at least 160g)
- ☐ fresh chives
- ☐ fresh coriander and/or kaffir lime leaves
- ☐ head of broccoli
- ☐ garlic
- ☐ lemon or lime
- ☐ 310g mushrooms
- ☐ red chilli
- ☐ spring onions