



It's on the table...

Enjoy four nights of delicious, nutritionist-approved meals for two for under \$86. Just grab your shopping list and get dinner done.

Step 1 - Check your pantry is stocked with the essentials

Pantry staples

- ☐ black pepper
- ☐ brown rice
- ☐ honey
- ☐ lemon-infused olive oil (optional)
- ☐ oil spray
- ☐ olive oil
- ☐ reduced-salt soy sauce
- ☐ rice wine vinegar
- ☐ smoked paprika

Step 2 - Hit the supermarket

Shopping list

Dairy

- ☐ feta
- ☐ low-fat plain yoghurt

Meat, poultry

- ☐ 250g boneless, skinless chicken thighs
- ☐ 200g salmon fillet
- ☐ 300g lamb leg steaks

Produce

- ☐ avocado
- ☐ bag of rocket
- ☐ 2 beetroot
- ☐ 2 carrots
- ☐ 2 chillies
- ☐ 2 courgettes
- ☐ 5 curry leaves (optional)
- ☐ eggplant
- ☐ fresh basil (or use mint)
- ☐ fresh mint
- ☐ garlic
- ☐ ginger
- ☐ 2 kaffir lime leaves
- ☐ 2 lemons
- ☐ lime
- ☐ 2 red capsicums
- ☐ spring onions
- ☐ 270g taro (or kumara)
- ☐ 2 telegraph cucumbers
- ☐ 2 tomatoes
- ☐ watermelon

Bottled, canned, packaged

- ☐ beetroot sauerkraut (optional)
 - ☐ 400g can lentils in spring water
 - ☐ 400g can no-added-salt diced tomatoes
 - ☐ mirin
 - ☐ miso paste
 - ☐ tandoori paste
- #### Frozen
- ☐ edamame beans

Meals for two!