



It's on the table...

Enjoy four nights of delicious, nutritionist-approved meals for two for under \$85. Just grab your shopping list and get dinner done.



Step 1 Check your pantry is stocked with the essentials

Pantry staples

- ☐ apple cider or white vinegar
- ☐ black pepper
- ☐ brown rice
- ☐ chilli flakes
- ☐ fish sauce
- ☐ oil spray
- ☐ olive oil
- ☐ red wine or balsamic vinegar
- ☐ reduced-salt soy sauce
- ☐ sesame oil
- ☐ smoked paprika
- ☐ sugar

Step 2 Hit the supermarket

Dairy, eggs

- ☐ chèvre (goat's cheese)
- ☐ half dozen eggs

Produce

- ☐ beetroot
- ☐ 3 red capsicums
- ☐ 2 carrots
- ☐ celery
- ☐ 600g cherry tomatoes
- ☐ chilli
- ☐ telegraph cucumber
- ☐ fresh basil
- ☐ fresh thyme
- ☐ frisée (or curly endive)
- ☐ garlic
- ☐ ginger
- ☐ 3 stalks lemongrass
- ☐ 135g mushrooms
- ☐ bag of spinach
- ☐ spring onions

Meat, seafood

- ☐ 300g raw prawns (fresh or frozen)
- ☐ 250g sirloin or scotch fillet steak

Bottled, canned, packaged

- ☐ baguette or grainy or sourdough bread
- ☐ dried tagliatelle
- ☐ almonds or peanuts
- ☐ dried cranberries
- ☐ rice noodles
- ☐ sriracha
- ☐ walnuts

