WEEKNIGHT **meal** PLANNER

Enjoy four nights of delicious, nutritionist-approved meals for two for under $85. 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
- ☐ *black olives*
- ☐ *black pepper*
- ☐ *capers*
- ☐ *chilli flakes*
- ☐ *chilli paste*
- ☐ *Dijon mustard*
- ☐ *grainy bread*
- ☐ *olive oil*
- ☐ *orange juice*
- ☐ *peanut butter*
- ☐ *red wine vinegar*
- ☐ *reduced-salt soy sauce*
- ☐ *sesame oil*
- ☐ *spaghetti*
- ☐ *spray oil*
- ☐ *vegetable oil*

Step 2
Hit the supermarket
Shopping list

Dairy, eggs
- ☐ *2 eggs*
- ☐ *40g blue cheese*

Poultry, seafood
- ☐ *350g skinless chicken breast*
- ☐ *350g (about 15) cockles or clams*

Bottled, canned, packaged
- ☐ *400g can lentils in spring water*
- ☐ *miso paste*
- ☐ *small pack roasted peanuts*
- ☐ *soba noodles*
- ☐ *white wine*

Produce
- ☐ *avocado*
- ☐ *spinach*
- ☐ *broccoli*
- ☐ *300g butternut squash*
- ☐ *carrot*
- ☐ *chilli (optional)*
- ☐ *garlic*
- ☐ *lemon*
- ☐ *lettuce or salad greens*
- ☐ *green or red capsicum*
- ☐ *parsley*
- ☐ *rocket leaves*
- ☐ *5 large tomatoes*

Frozen
- ☐ *sweetcorn kernels*

Meals for two!

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