WEEKNIGHT meal PLANNER

Here's everything you need for four nights of simple, tasty nutritionist-approved meals for two for under $95. 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 pepper*
- ☐ *ground cumin*
- ☐ *curry powder*
- ☐ *Dijon mustard*
- ☐ *light mayonnaise*
- ☐ *oil spray*
- ☐ *olive oil*
- ☐ *red wine vinegar*
- ☐ *salt*

Step 2 Hit the supermarket

Shopping list

Produce:

- ☐ *85g baby spinach or silver beet*
- ☐ *340g Brussels sprouts*
- ☐ *3 carrots*
- ☐ *fresh coriander*
- ☐ *2 courgettes*
- ☐ *fresh dill*
- ☐ *1 Lebanese cucumber*
- ☐ *4 lemons*
- ☐ *1 mandarin*
- ☐ *3 small parsnips*
- ☐ *75g rocket*
- ☐ *1 small kumara*
- ☐ *spring onion*
- ☐ *850g swedes*

Frozen

- ☐ *peas*

Pasta

- ☐ *dry tagliatelle or fettuccine pasta*

Eggs, dairy

- ☐ *2 eggs*
- ☐ *low-fat plain yoghurt*
- ☐ *parmesan*
- ☐ *ricotta*

Bottled, canned

- ☐ *citrus-flavoured olive oil (optional)*
- ☐ *minced ginger*
- ☐ *mirin*
- ☐ *miso paste*
- ☐ *sriracha or sweet chilli sauce*

Meat, fish, poultry

- ☐ *50g rindless eye bacon*
- ☐ *4 chicken drumsticks*
- ☐ *100g smoked salmon*
- ☐ *250g lean scotch fillet steaks*

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