WEEKNIGHT meal PLANNER

It's on the table...

Here's everything you need for four nights of easy, delicious nutritionist-approved meals for two for under $74. Just grab the shopping list and you're all set!

Step 1

Check your pantry is stocked with the essentials

Pantry staples

- ☐ *balsamic vinegar*
- ☐ *black pepper*
- ☐ *dry spaghetti, tagliatelle or pappardelle*
- ☐ *salt-reduced chicken stock*
- ☐ *Dijon mustard*
- ☐ *oil spray*
- ☐ *olive oil*
- ☐ *reduced-fat mayonnaise*
- ☐ *white wine vinegar*

Step 2

Hit the supermarket

Shopping list

Eggs, dairy

- ☐ *parmesan*
- ☐ *small tub of plain low-fat yoghurt*

Bottled, canned

- ☐ *capers*
- ☐ *160g pitted mixed olives*

Meat, fish and poultry

- ☐ *2 lean beef scotch fillet steaks (300g)*
- ☐ *2 skinless chicken thigh cutlets (320g)*
- ☐ *300g white fish fillets, eg tarakihi*

Produce

- ☐ *170g baby spinach or silver beet*
- ☐ *6 Brussels sprouts*
- ☐ *1 carrot*
- ☐ *1 Lebanese cucumber*
- ☐ *1 fennel bulb*
- ☐ *garlic*
- ☐ *1 leek*
- ☐ *3 lemons*
- ☐ *fresh parsley*
- ☐ *660g floury potatoes (Agria)*
- ☐ *220g rocket or salad leaves*
- ☐ *6 tomatoes*

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