WEEKNIGHT **meal** PLANNER

It's on the table...

Here's everything you need for four nights of tasty, nutritionist-approved meals for two for under $112. Just grab the shopping list and you're ready!

Step 1

Check your pantry is stocked with the essentials

Pantry staples

- ☐ *balsamic vinegar*
- ☐ *black pepper*
- ☐ *brown rice*
- ☐ *ground cumin*
- ☐ *honey*
- ☐ *oil spray*
- ☐ *olive oil*
- ☐ *reduced-salt soy sauce*
- ☐ *sesame oil*
- ☐ *smoked paprika*

Step 2

Hit the supermarket

Shopping list

Eggs, dairy

- ☐ *1 egg*
- ☐ *feta*
- ☐ *plain low-fat yoghurt*

Bottled, canned, packaged

- ☐ *black sesame seeds*
- ☐ *chilli oil*
- ☐ *massaman curry paste*
- ☐ *chilli paste*
- ☐ *corn or flour tortillas*
- ☐ *hot sauce (optional)*
- ☐ *light coconut milk*
- ☐ *refried beans*
- ☐ *sriracha chilli sauce (optional)*
- ☐ *walnuts*

Meat and poultry

- ☐ *250g chicken breast*
- ☐ *250g lean sirloin steak*
- ☐ *300g turkey mince*

Produce

- ☐ *1 avocado*
- ☐ *260g baby spinach*
- ☐ *3 Brussels sprouts*
- ☐ *2 carrots*
- ☐ *fresh coriander*
- ☐ *2 courgettes*
- ☐ *1 small cucumber*
- ☐ *garlic*
- ☐ *ginger*
- ☐ *300g orange kumara*
- ☐ *2 lemons*
- ☐ *1 red cabbage*
- ☐ *large red onion*
- ☐ *spring onions*
- ☐ *2 persimmons*
- ☐ *240g pumpkin*

Frozen

- ☐ *peas*

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