WEEKNIGHT **meal** PLANNER

It's on the table...

Meals for two!

Here's everything you need for four nights of delicious, nutritionist-approved meals for two for under $67. Just grab your shopping list and get dinner done.

Step 1

Check your pantry is stocked with the essentials

Pantry staples

- ☐ *brown basmati rice*
- ☐ *chilli flakes*
- ☐ *Dijon mustard*
- ☐ *ground coriander*
- ☐ *ground cumin*
- ☐ *oil spray*
- ☐ *olive oil*
- ☐ *pepper*
- ☐ *reduced-salt chicken stock*
- ☐ *reduced-salt soy sauce*
- ☐ *salt*

Step 2

Hit the supermarket

Shopping list

Dairy

- ☐ *small tub plain yoghurt*
- ☐ *light sour cream (optional)*

Bottled, canned, packaged

- ☐ *400g can cherry tomatoes*
- ☐ *hot sauce (optional)*
- ☐ *Mexican seasoning*
- ☐ *miso paste*
- ☐ *red lentils*
- ☐ *200g shelf-fresh udon noodles*

Meat/poultry

- ☐ *1.3kg chicken*

Produce

- ☐ *4 medium Agria potatoes*
- ☐ *500g broccoli*
- ☐ *3 carrots (including 1 large)*
- ☐ *fresh herbs of your choice*
- ☐ *garlic*
- ☐ *ginger*
- ☐ *1 large kohlrabi*
- ☐ *1 lemon*
- ☐ *3 limes*
- ☐ *fresh parsley*
- ☐ *½ pumpkin*
- ☐ *2 small red onions*
- ☐ *600g baby spinach or silver beet*

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