

It's on the table...

Enjoy four nights of delicious, nutritionist-approved meals for two for less than \$102. Just grab your shopping list and get dinner done.

MEALS FOR
2

Step 1 Check your pantry is stocked with the essentials

- | | | |
|--|---|--|
| <input type="checkbox"/> black pepper | <input type="checkbox"/> cinnamon stick | <input type="checkbox"/> oil (extra virgin olive, sesame, spray) |
| <input type="checkbox"/> brown or black rice | <input type="checkbox"/> curry powder | <input type="checkbox"/> paprika |
| <input type="checkbox"/> chilli powder | <input type="checkbox"/> garlic | <input type="checkbox"/> smoked paprika |
| <input type="checkbox"/> chilli sauce, eg, sriracha (optional) | <input type="checkbox"/> ground cumin | |

Step 2 Hit the supermarket - shopping list

Canned, packaged, bottled

- 400g can chickpeas
- lite coconut milk
- miso paste
- 400g can no-added-salt crushed tomatoes
- pomegranate molasses
- quinoa rigatoni
- wholegrain sourdough or other grainy bread

Chicken, meat

- 200g chicken breast
- 250g lamb loin chops

Chilled

- 300g tofu

Frozen

- edamame beans

Dairy

- 50g feta
- low-fat plain yoghurt


Produce

- 2 heads bok choy
- 1 head broccoli
- 150g Brussels sprouts
- 2 carrots
- ½ medium head cauliflower

- 1 stalk celery
- 1 small cucumber (optional)
- fresh coriander
- 10cm piece fresh ginger
- fresh parsley
- 2 medium kumara
- 2 lemons
- 150g mushrooms
- bunch silver beet
- 2 spring onions

Step 3

Get cooking!

Turn the page to get started making tasty, healthy dinners for two. 

Monday
Hearty miso ginger chicken soup

Tuesday
Roasted cauliflower and kumara tray bake with pomegranate dressing

Wednesday
Rich tomato tofu curry

Thursday
Rigatoni with broccoli and feta

