

Monday
Ginger miso salmon
and crispy kumara

Tuesday
Cauliflower bake with
cheesy topping

Wednesday
Pear, walnut and blue
cheese bread salad

Thursday
Miso-poached chicken
and buckwheat bowl

MEALS FOR
2

It's on the table...

Enjoy four nights of delicious, nutritionist-approved meals for two for less than \$82. Just grab your shopping list and get dinner done.

Step 1

Check your pantry is stocked with the essentials

- balsamic vinegar
- black pepper
- eggs
- garlic
- ground cumin
- Noble cheddar cheese
- oil (sesame, spray)
- parmesan
- reduced-fat mayonnaise
- reduced-salt soy sauce

Step 2

Hit the supermarket - shopping list

Canned, packaged, bottled

- 100g buckwheat
- 400g can cherry tomatoes
- 400g can chickpeas in springwater
- 250g cooked beetroot
- grainy bread
- 400g can lentils in springwater
- mirin
- miso paste
- toasted sesame seeds
- walnuts
- wasabi paste

Chicken, meat

- 200g chicken breast
- 2 salmon fillets (220g)

Frozen

- edamame beans

Dairy

- 50g blue cheese
- low-fat plain yoghurt

Produce

- small bag baby kale or spinach leaves
- 2 small heads broccoli florets or 560g broccolini
- cauliflower
- fresh ginger
- bag green salad leaves
- orange
- 2 ripe pears
- 200g purple kumara
- 2 red onions
- bag rocket
- fresh thyme