



weeks one to four

Pantry and refrigerator staples

Check your pantry and fridge are stocked with the essentials

CANNED, BOTTLED, PACKAGED

- brown sugar
- fish sauce
- honey
- hot sauce, chipotle
- mustard (English, wholegrain, Dijon)
- oil (olive, spray, sunflower, sesame)
- oyster sauce
- peanut butter
- pickled jalapenos
- soy sauce, reduced salt
- stock, reduced-salt (beef, vegetable, chicken)
- sweet chilli sauce
- vinegar, balsamic

DRY GOODS, HERBS AND SPICES

- almond meal
- black pepper
- chilli flakes
- cinnamon
- coriander seeds
- couscous, wholemeal
- cumin, ground
- curry powder
- fennel seeds
- flour
- garam masala
- Greek seasoning (we used Masterfoods)
- harissa mix (we used Alexandra's)
- lemon pepper seasoning
- red lentils
- Mexican seasoning
- panko breadcrumbs
- pumpkin seeds
- quick-cook barley (or regular)
- rice (brown, brown pouches, quick-cook basmati, basmati)
- rice seasoning (available at Asian supermarkets)
- risoni
- sesame seeds
- sugar (brown)
- turmeric, ground
- wholemeal pasta spirals

CHILLED AND FROZEN

- cheddar, Noble
- large pack mixed frozen veges
- parmesan
- peas
- spinach
- 3 x 400g packs stir-fry veges
- trim milk
- yoghurt (low fat plain, Greek)
- sweetcorn

The remaining lists and meal plans will be at healthyfood.com/KSPlan and in your Motivator emails.

