

WEEK 1 - SHOPPING LIST

PANTRY STAPLES

apple cider vinegar
arborio rice
baking powder
balsamic vinegar
beef stock, salt-reduced
black beans, tinned
black pepper, ground
bocconcini, baby
bread, wholegrain
bread, wholemeal
breadcrumbs, panko
brown rice
cacao powder, raw
Cajun seasoning
cannellini beans, tinned
capers
cayenne pepper
chickpeas, tinned
chilli flakes, dried
chilli powder
cinnamon, ground
cinnamon, sticks
cloves, ground
cloves, whole
coconut, flaked
coconut, shredded
coconut milk, light
coconut oil
coffee
coriander, dried
coriander, ground
couscous
cumin, ground
curry paste, green
curry powder
eggs, large
fish sauce
four bean mix, tinned
flour, wholemeal
garam masala
ginger, ground
honey
kidney beans, tinned
lasagne sheets, wholemeal
maple syrup

milk, low-fat
mixed berries, frozen
muesli, natural
mustard, Dijon
mustard, wholegrain
nutmeg, ground
oil spray
olive oil
oregano, dried
paprika, smoked
paprika, sweet
pasta, wholemeal
peanut butter, 100% natural
pearl barley
pearl couscous
quinoa
quinoa flakes
quinoa flour
red lentils, dried
red wine vinegar
rice cakes
rice crackers, plain
rice stick noodles
risotti
rolled oats
rosemary, dried
rye crispbreads
salmon, tinned
sea salt
star anise
tahini
tamari or soy sauce, salt-reduced
thyme, dried
tomato passata
tomatoes, tinned crushed
tuna, tinned in springwater
turmeric, ground
vanilla extract, pure
vegetable stock, salt-reduced
vermicelli noodles
water crackers, plain
white vinegar
yoghurt, low-fat plain

GRAINS

60 g black rice
½ wholemeal lavash
2 wholemeal pita bread
½ medium wholemeal roll
1 wholemeal wrap

FRUIT

4 bananas
200 g blueberries
4½ medjool dates
2 tsp goji berries
1 kiwi fruit
½ medium orange
3 passionfruit
2 small pears
170 g peeled pineapple
1 pomegranate

VEGETABLES

5 asparagus spears
1 bag baby spinach leaves
1 large handful bean sprouts
1½ small beetroots
45 g broccolini
¾ medium red capsicum
1 medium carrot
½ celery stalk
15 g corn kernels
3½ Lebanese cucumbers
¾ medium eggplant
¼ small fennel bulb
4 kalamata olives
1 small bunch kale
3 large cos lettuce leaves
1 large handful mixed lettuce leaves
75 g mushrooms
¾ small brown onion
1½ small red onions
1 spring onion
120 g pumpkin
1 bag rocket leaves
1 medium sweet potato
¾ medium tomato
23 cherry tomatoes
¾ medium zucchini

MEAT & ALTERNATIVES

450 g chicken breast
100 g chicken mince
10 medium raw prawns
85 g salmon fillet
110 g smoked salmon
90 g lean beef steak

DAIRY & ALTERNATIVES

10 g low-fat cheddar cheese
30 g low-fat cottage cheese
135 g low-fat salt-reduced feta
40 g mozzarella cheese
40 g parmesan cheese
125 g low-fat ricotta cheese

HEALTHY FATS

1 (130 g) avocado
½ tsp slivered almonds
2 tsp almond butter
1 tsp chia seeds
40 g unsalted pistachio nuts
½ tsp pumpkin seeds
½ tsp sunflower seeds

OTHER

1 small handful fresh regular or Thai basil
1 bay leaf
1 chai teabag
fresh red chilli
1 bunch coriander
½ cranberry jam
2 tbsp fresh dill, chopped
6¼ garlic cloves
2cm fresh ginger
1 lime
¼ tsp matcha powder
microherbs
1 bunch mint
2 nori sheets
1 bunch fresh parsley
15 g protein powder
raw cacao nibs