WEEK 3 - SHOPPING LIST

PANTRY STAPLES

Before you head out to the shops, please make sure that you have a good amount of each of the ingredients on the pantry staples list (see page 101).

GRAINS

40 g cracked freekeh
2 slices fruit loaf
2 medium wholemeal bread rolls
3 wholemeal pita bread

FRUIT

½ medium apple (green or red)
1 medium green apple
2 medium bananas
200 g blueberries
20 cherries
30 g dried cranberries
20 g currants
2 medium figs
4–5 lemons
lime, juiced, to taste
1 medium mango
5 medjool dates
2½ tbsp 100% orange juice
1 orange
1 large peach
40 g raspberries
120 g strawberries

VEGETABLES

1 small handful alfalfa sprouts
5 asparagus spears
3 large handfuls baby spinach leaves
1 small handful bean sprouts
2 small beetroot
210 g bok choy
70 g broccoli
2 medium carrots
2 celery stalks
24 cherry tomatoes
30 g Chinese cabbage (wombok)
90 g frozen corn kernels
4 Lebanese cucumbers
½ small fennel bulb
1 large handful kale
2 large handfuls lettuce leaves
1 small brown onion
2 small red onions
3 medium radishes
2 large handfuls rocket
2 medium red capsicum
40 g snow peas
3 spring onions
2 medium sweet potatoes
2 medium tomatoes
½ medium zucchini

MEAT & ALTERNATIVES

350 g chicken breast
90 g lean beef steak
90 g lean beef strips
5 medium raw prawns
80 g smoked salmon
170 g firm tofu

DAIRY & ALTERNATIVES

10 g low-fat cheddar cheese
90 g low-fat cottage cheese
60 g low-fat goat's cheese
200 g low-fat ricotta cheese
80 g salt-reduced low-fat feta cheese

HEALTHY FATS

1 tsp chia seeds
5 tsp flaked almonds
10 g unsalted macadamia nuts
10 g roasted peanuts
10 g pecans
2 tsp pine nuts
10 g walnut halves

OTHER

2½ tsp acai berry powder
½ tsp arrowroot
4 tbsp fresh basil
cacao nibs
3 fresh red chillis
2 tsp chives
20 tsp (1 large bunch) coriander
pinch dried chilli flakes
½ tsp fresh dill, chopped
3¾ cloves garlic
1 tsp grated fresh ginger
1½ tsp preserved lemon rind, finely diced
4 tsp fresh mint, chopped
1 tbsp oyster sauce
19 tbsp (2 bunches) fresh parsley
125ml (½ cup) rice wine vinegar