

WEEK 4 - 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

1 tbsp brown rice flour
1 slice fruit loaf
5 slices wholemeal bread
½ wholemeal lavash
1 wholemeal pita bread
1 wholemeal wrap

FRUIT

1 medium apple
3 medium bananas
160 g blueberries
2 dried figs
2 tbsp goji berries
2–3 lemons
1 lime
2 medium mangoes
6 medjool dates
1 medium orange
1 small pear
160 g raspberries
375 g strawberries

VEGETABLES

4 large handfuls baby spinach leaves
1 small handful bean sprouts
4 small beetroots
1¼ medium carrots
½ celery stalk
15 cherry tomatoes
100 g Chinese cabbage (wombok)
1 small handful cos lettuce leaves
30 g frozen corn kernels
½ small fennel bulb
8 green beans
4 kalamata olives
1 small handful kale
1¼ Lebanese cucumber
1 small handful lettuce leaves
1½ large handfuls mixed lettuce leaves
75 g mushrooms
1½ small brown onions
1¼ small red onions
120 g pumpkin
1¼ medium red capsicum
1½ large handfuls rocket leaves
3 spring onions
40 g snow peas
1 medium sweet potato
1½ medium tomatoes
7 semi-dried tomatoes
¼ medium yellow capsicum

MEAT & ALTERNATIVES

250 g chicken breast
90 g lean beef minute steak
10 medium raw prawns
90 g pork tenderloin
90 g roast turkey
230 g squid tube

DAIRY & ALTERNATIVES

20 g bocconcini
40 g camembert cheese
20 g low-fat cheddar cheese
120 g low-fat cottage cheese
120 g low-fat goat's cheese
130 g low-fat ricotta cheese
30 g low-fat salt-reduced feta cheese
20 g parmesan cheese

HEALTHY FATS

85 g avocado
1 tsp chia seeds
1 tsp pine nuts
20 g pistachio nuts

OTHER

4 tsp fresh basil, chopped
6 tsp capers
1¼ fresh red chilli
fresh chives
15 tsp (2 small bunches) fresh coriander
1½ tsp cranberry sauce
1 tsp fresh dill, chopped
8¼ garlic cloves
¾ tsp grated fresh ginger
2 tsp hoisin sauce
1 tsp fresh mint leaves, chopped
2 tsp fresh oregano, chopped
9 tsp fresh parsley, chopped
1 scoop (30g) chocolate protein powder
2 tsp raw cacao nibs
½ tsp fresh thyme leaves