

SHOPPING LIST – WEEK 1

STAPLE INGREDIENTS

Basmati rice
 Beef stock powder salt-reduced
 Bi-carb soda
 Black pepper
 Cooking spray
 Cornflour
 Crushed garlic (in jar)
 Crushed ginger (in jar)
 Eggs x 9
 Flora Light margarine
 Plain flour
 Premium Breakfast Shake x 5
 and fresh fruit 150g x 5 (optional
 variation for breakfast)
 Rolled oats ½ cup
 Self raising flour
 Skim milk 2.5L
 Sultana bran ¾ cup
 Vegetable stock powder
 salt-reduced
 Weet-Bix x 2
 White sugars

FRUIT

Banana x 3
 Fresh fruit 150g serve x 12
 Kiwi fruit 125g
 Lemon x 1
 Strawberries 250g

VEGETABLES

*Please check your daily menus
 for minimum required amounts
 of vegetables and salads.*

**Choose a selection for the
 week from these suggested
 vegetables (quantities have been
 specified when vegetables are
 required for a recipe or meal):**

Avocado flesh 110g
 Brown onion x 2
 Carrots x 2
 Celery x 1 large stick
 Cherry tomatoes ½ punnet
 Mixed salad of your choice
 Mixed vegetables of your choice
 Potatoes 1kg

Red capsicum x 3
 Shallots 1 cup sliced
 Sweet potato 500g
 Tomatoes x 2
 Zucchini x 1

FRESH HERBS

Basil
 Lemongrass x 1 stick or jar

BREAD / BAKERY

Crumpet x 1
 Helga's wrap x 1
 Multigrain roll 50g x 4
 Tip Top 9 grain bread slices x 7
 Tip Top Spicy Fruit Loaf slices x 2

DELICATESSEN

Ham 97% fat free 40g
 Lean deli sliced turkey breast 30g

SEAFOOD

Boneless barramundi fillet 125g

MEAT / CHICKEN

Lean beef mince 500g
 Lean rump steak 125g
 Skinless chicken breasts 1.3kg

DRY GOODS

Chilli powder
 Cinnamon
 Cornflour
 Cumin
 Dried breadcrumbs
 French onion soup mix
 salt-reduced x 1 sachet
 Macaroni pasta raw x 1½ cups
 Milo
 Oregano
 Paprika
 Parmesan cheese Kraft®
 Pepper
 Spring vegetable cup a soup x 1
 sachet
 Taco seasoning salt-reduced x 1
 sachet
 Wooden skewers x 12

TIN / CAN / JAR ITEMS

Baked beans 420g
 Canned peaches
 (in natural juice) 410g
 Chickpeas 800g
 Crushed tomatoes
 no-added-salt 400g
 Evaporated light milk 375ml
 Mexican Chilli Beans 840g
 Mixed berries 800g
 Pie apple 800g
 Pink salmon 415g
 Tomato paste no-added-salt 2 pack
 Tomato soup salt-reduced 420g

CONDIMENTS / SAUCES

Green curry paste
 Hoisin sauce
 Honey
 Lemon grass chopped
 (in jar – if not fresh)
 Mayonnaise 97% fat free
 Pad thai paste
 Plum sauce
 Red curry paste
 Seeded mustard
 Soy sauce 43% less salt
 Sweet chilli sauce
 Snacks
 Be Natural Trail bar x 2
 Dry roasted cashews 30g
 Raw almonds 45g
 Vege chips 50g

DAIRY / REFRIGERATED

30% reduced-fat grated
 tasty cheese 275g
 Bega Super Slim cheese x 1 slice
 Forme fruit yoghurt 525g
 Fruche low fat 300g
 Parmesan cheese grated
 Pauls low fat custard ½ cup

FROZEN GOODS

Corn kernels 365g

EXTRAS

If you are on Level 2, 3 or 4 refer to the sections above for your main shopping list items and any additional or extra items required for your level are included below. For example, if you are on Level 3 you will require a total of 100g of raw almonds for Week 1 (45g from the Snacks list and an extra 55g from the Level 3 EXTRAS list).

LEVEL 2

Avocado flesh 40g
Crumpet x 1
Dry roasted cashews 15g
Egg x 1
Fresh fruit 150g x 3
Pauls low fat custard ½ cup
Raw almonds 55g
Raw lean rump steak 50g
Tip Top 9 grain bread slices x 2

LEVEL 3

Avocado flesh 40g
Crumpet x 1
Dry roasted cashews 15g
Egg x 1
Fresh fruit 150g x 3
Multigrain roll 75g x 1
Pauls low fat Custard ½ cup
Raw almonds 55g
Raw lean rump steak 50g
Tip Top 9 grain bread slices x 2

LEVEL 4

30% reduced fat grated
tasty cheese 55g
Avocado flesh 100g
Crumpet x 1
Dry roasted cashews 30g
Egg x 2
Fresh fruit 150g x 6
Ham 97% fat free 40g
Multi grain bread roll 90g x 1
Pauls low fat custard ½ cup
Porridge ½ cup
Potatoes 950g
Raw almonds 100g
Raw lean rump steak 50g
Sultana Bran x ¼ cup
Tip Top 9 grain bread slices x 4
Tomato x 1
Vege chips 50g

***Quantities are a
guideline only***