

SHOPPING LIST – WEEK 2

STAPLE INGREDIENTS

Basmati rice
 Beef stock powder salt-reduced
 Bicarb soda
 Black pepper
 Chicken stock powder salt-reduced
 Cooking spray
 Cornflour
 Crushed garlic (in jar)
 Crushed ginger (in jar)
 Eggs x 8
 Flora Light margarine
 Plain flour
 Premium Breakfast Shake x 6 and
 fresh fruit 150g x 6 (optional
 variation for breakfast)
 Self raising flour
 Skim milk 2L
 Sultana Bran 1½ cups
 Uncle Tobys Plus Muesli Flakes
 ¾ cup
 Weet-Bix x 2
 White sugar

FRUIT

Apple x 1
 Fresh fruit 150g serve x 13
 Lemon x 1
 Strawberries 125g
 Watermelon 150g

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 125g
 Broccoli large head
 Cabbage ½ large
 Carrots x 5
 Celery x 2 sticks
 Lettuce
 Mixed salad of your choice
 Mixed vegetables of your choice

Mushrooms 350g
 Onion x 4
 Potatoes 250g
 Red capsicum x 1
 Shallots ½ cup sliced
 Snow peas 1 cup
 Spinach 1½ cups
 Tomato x 1

FRESH HERBS

Basil
 Coriander
 Kaffir lime leaves x 3
 Parsley
 Bread / Bakery
 Helga's wrap x 1
 Multigrain bread roll 60g x 1
 Tip Top 9 grain bread slices x 6

DELICATESSEN

Ham 97% fat free 40g
 Roasted chicken breast sliced 75g

SEAFOOD

Raw prawns 400g

MEAT / CHICKEN

Butterfly pork steaks 500g
 Lean beef mince 500g
 Skinless chicken breasts 500g

DRY GOODS

Chilli powder
 Coconut essence
 Curry powder
 Dark cooking chocolate
 French Onion soup mix
 salt-reduced x 1 sachet
 Icing sugar
 Milo
 Oregano
 Parmesan cheese Kraft®
 Peppermint essence
 Plaistowe Cocoa
 Pretzels 30g
 Rice crackers x 14
 Sesame seeds (optional)
 Singapore noodles 440g packet

Taco seasoning
 salt-reduced 1 x sachet
 Wooden Skewers x 8

TIN / CAN / JAR ITEMS

Baked beans 420g
 Canned peaches
 (in natural juice) 410g
 Chopped tomatoes canned 415g
 Evaporated light milk 250ml
 Fruit chutney
 Heinz baby apple 110g
 Horseradish relish
 Tikka paste
 Tuna tempters tomato & onion 100g

CONDIMENTS / SAUCES

BBQ sauce
 Fish sauce
 Hoisin sauce
 Mayonnaise 97% fat free
 Oyster sauce
 Smokey BBQ sauce
 Vegemite

SNACKS

Black Swan Skinny Hommus 40g
 Fruit n Nut mix 50g
 Raw almonds 20g
 Uncle Tobys Chewy Choc Chip
 Muesli bar x 2

DAIRY / REFRIGERATED ITEMS

30% reduced-fat grated
 tasty cheese 125g
 Bega Super Slim cheese x 3 slices
 Forme fruit yoghurt 700g

FROZEN GOODS

Green beans 125g
 Peas 105g

EXTRAS

If you are on Level 2, 3 or 4 refer to the sections above for your main Shopping List items and then any additional or extra items required for your level are included below. For example, if you are on Level 4 you will require a total of 100g of cooked skinless chicken breast for Week 2 (which is 75g from the Meat list and an extra 75g from the Level 4 EXTRAS list).

LEVEL 2

Avocado flesh 110g
Bacon short cuts 55g
Dry roasted cashews 25g
Fresh fruit 150g x 2
Pretzels 10g
Raw almonds 15g
Rice crackers x 4
Sultana Bran $\frac{3}{4}$ cup
Tip Top 9 grain bread slice x 1
Washed potato 100g

LEVEL 3

Avocado flesh 180g
Bacon short cuts 55g
Dry roasted cashews 40g
Egg x 1
English muffin x 1
Fresh fruit 150g x 2
Multigrain bread roll 1 x 75g
Peanut butter
Potato 250g
Pretzels 20g
Raw almonds 15g
Rice crackers x 4
Sultana Bran $\frac{3}{4}$ cup
Tip Top 9 grain bread slice x 1
Washed potato 100g

LEVEL 4

30% reduced fat grated
tasty cheese 25g
Avocado flesh 195g
Bacon short cuts 75g
Dried fruit n nut mix 20g
Dry roasted cashews 50g
Egg x 2
English muffin x 1
Fresh fruit 150g x 3
Multigrain bread roll 1 x 75g
Peanut butter
Potato 300g
Pretzels 20g
Raw almonds 20g
Rice crackers x 4
Skinless chicken breast 25g
Sultana Bran $\frac{3}{4}$ cup
Tip Top 9 grain bread slice x 1
Washed potato 150g

***Quantities are a
guideline only***