

SHOPPING LIST – WEEK 3

STAPLES 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 5
Flora Light margarine
Porridge 1½ cups cooked
Premium Breakfast Shake x 6 and
fresh fruit 150g x 6 (optional
variation for breakfast)
Skim milk 3L
Uncle Tobys Plus Muesli
Flakes ¾ cup
Vegetable stock powder salt-reduced
Weet-Bix x 2

FRUIT

Banana x 2
Fresh fruit 150g serve x 9
Kiwi fruit 125g
Strawberries 125g
Watermelon 450g

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 65g
Broccoli small head
Cabbage ½ large
Carrots 500g
Celery x 2 sticks
Green capsicum x 2
Mixed salad of your choice
Mixed vegetables of your choice
Mushrooms 425g
Onion x 6
Potatoes 1.25kg
Pumpkin 700g

Red capsicum x 2
Red onion ½ cup diced
Shallots ¼ cup sliced
Spinach 1 cup
Sweet potato 500g
Tomato x 7
Zucchini x 1 large

FRESH HERBS

Oregano
Parsley

BREAD / BAKERY

Multigrain bread roll 50g x 1
Round crumpet x 1
Tip Top 9 grain bread slices x 4

DELICATESSEN

Bacon short cuts 150g

SEAFOOD

White fish boneless 150g raw

MEAT / CHICKEN

Lamb leg steaks raw 125g
Lean beef mince 1kg
Skinless chicken breasts 1.1kg

DRY GOODS

Basil
Bay leaf
Cajun
Cheese sauce sachet x 1
Chilli powder
Curry powder
Dried breadcrumbs
Gelatine
Ground coriander
Ground cumin
Ground paprika
Milo
Oregano
Rice crackers x 12
Singapore noodles 440g packet
Spaghetti raw 300g
Strawberry jelly crystals x 1 sachet
Taco seasoning salt reduced

TIN / CAN / JAR ITEMS

Baked beans 420g
Canned peaches in
natural juice 410g
Chickpeas 400g
Chopped tomatoes
salt-reduced 830g
Evaporated light milk 750ml
Mexican chilli beans 400g
Pink salmon 80g drained
Spanish olives sliced 55g
Tomato paste no-added-salt 2 pack
Tomato puree 820g
Tomato soup salt-reduced 420g

CONDIMENTS / SAUCES

BBQ sauce
Honey
Mayonnaise 97% fat free
Oyster sauce
Peanut butter
Tartare sauce 97% fat free
Tomato sauce
Vegemite

SNACKS

Be Natural Trail Bar x 2
Black Swan Skinny Hommus 60g
Dry Roasted cashews 35g
Fruit n Nut mix 50g
Raw almonds 40g
Ryvita x 2

OTHERS

Boronia Masala wine
Red wine 175ml

DAIRY / REFRIGERATED ITEMS

30% reduced-fat grated
tasty cheese 80g
Antoniou filo pastry x 6 sheets
Bega Super Slim cheese x 1 slice
Forme fruit yoghurt 350g
Parmesan cheese 2 tablespoons
Ricotta light 250g

FROZEN GOODS

Frozen beans 60g
Frozen corn kernels 365g
Frozen peas 135g

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 2 you will require a total of 130g of roast pork for Week 2 (which is 100g from the Meat list and an extra 30g from the Level 2 EXTRAS list).

LEVEL 2

Avocado flesh 60g
Corn chips 50g
Crumpet x 1
Kit Kat 45g
Lamb leg steak 25g raw
New potato 100g
Potato peeled 250g
Raw almonds 25g
Sunflower oil 2 teaspoons
Tip Top 9 grain bread slices x 2

LEVEL 3

30% reduced-fat grated
tasty cheese 30g
Avocado flesh 130g
Corn chips 50g
Crumpet x 1
Dry roasted cashews 25g
Fresh fruit 150g x 1
Kit Kat 45g
Lamb leg steak 50g raw
New potato 100g
Porridge ½ cup cooked
Potato peeled 250g
Raw almonds 40g
Sunflower oil 2 teaspoons
Tip top 9 grain bread slices x 4

LEVEL 4

Avocado flesh 130g
Corn chips 50g
Crumpet x 1
Deli sliced turkey 40g
Dry roasted cashews 15g
Fresh fruit 150g x 3
Honey lamb leg steak 75g raw
Kit Kat 45g
Multigrain bread roll x 40g
New potatoes 100g
Poached egg x 1
Porridge ½ cup cooked
Potato peeled 350g
Raw almonds 75g
Red Rock Deli Chips 50g
Sunflower oil 3 teaspoons
Tip Top 9 grain bread slices x 5
Uncle Tobys Plus Muesli flakes ¾ cup
Weet-Bix x 1
White boneless fish raw 50g

***Quantities are a
guideline only***