

## SHOPPING LIST – WEEK 4

### 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 2  
 Flora Light margarine  
 Plain flour  
 Premium Breakfast Shake x 6 and  
 150g fresh fruit x 6 (optional  
 variation for breakfast)  
 Self raising flour  
 Skim milk 3.5L per week  
 Sultana Bran  $\frac{3}{4}$  cup  
 Uncle Tobys Plus Muesli  
 Flakes  $\frac{3}{4}$  cup  
 Weet-Bix x 2  
 White sugar

### FRUIT

Blueberries 100g  
 Fresh fruit 150g serves x 8  
 Lemon x 1  
 Strawberries 250g  
 Watermelon 275g

### 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 80g  
 Broccoli large head  
 Carrots x 9 large  
 Celery x 2 sticks  
 Mixed salad of your choice  
 Mixed vegetables of your choice  
 Mushrooms 330g

Onion x 6  
 Parsnip 150g  
 Potatoes 2kg  
 Pumpkin 700g  
 Shallots  $\frac{1}{3}$  cup sliced  
 Spinach 150g  
 Swede 150g  
 Sweet potato 850g

### FRESH HERBS

Basil  
 Parsley

### BREAD / BAKERY

Multigrain bread roll 1 x 60g  
 Tip Top 9 grain bread slices x 3  
 Tip Top Spicy Fruit loaf slice x 2

### DELICATESSEN

Ham 97% fat free 30g

### SEAFOOD

White fish fillets boneless 600g

### MEAT / CHICKEN

Leg lamb roast lean and raw 1.25kg  
 Rump steak lean 725g  
 Skinless chicken breasts 500g  
 Veal steak lean 600g

### DRY GOODS

Black ground pepper  
 Brown sugar 2 tablespoons  
 Cinnamon  
 Cream of mushroom  
 cup a soup x 1 sachet  
 Kraft® Parmesan cheese  
 Lasagne dried sheets x 6  
 Milo  
 Oregano  
 Pasta shells x 1 cup  
 Rosemary  
 Sesame seeds (optional)

### TIN / CAN / JAR ITEMS

Baked beans 420g  
 Canned peaches (in  
 natural juice) 410g  
 Chopped tomatoes  
 salt-reduced 415g  
 Pink salmon 80g  
 Tomato soup reduced-salt 420g  
 Tuna in spring water 425g

### CONDIMENTS / SAUCES

BBQ sauce  
 Seeded mustard  
 Tartare sauce 97% fat free  
 Teriyaki sauce  
 Thick mint sauce  
 Tomato sauce  
 Vegemite  
 Worcester sauce

### SNACKS

Cadbury Chocolate Flake 30g  
 K-Time strawberry/blueberry Bar x 2  
 Peters classic vanilla drumstick x 1  
 Raw almonds 20g  
 Ryvita x 4  
 Vege Chips 50g

### DAIRY / REFRIGERATED ITEMS

30% reduced-fat tasty  
 grated cheese 115g  
 Bega Super Slim cheese x 1 slice  
 Forme fruit yoghurt 525g

### FROZEN GOODS

Green beans 135g  
 I & J Crumbed Lemon Fish x 1 piece  
 Mixed vegetables x 3 cups 400g

## 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 3 and 4 you will require a total of 120g drained canned pink salmon for lunch (which is 80g at Level 1 and an extra 40g for the Level 3 and 4 Extras list.

### LEVEL 2

30% reduced-fat tasty  
grated cheese 70g  
Avocado flesh 60g  
I & J Crumbed Lemon fish x 1  
Kiwifruit 125g  
Multigrain bread roll 25g  
Peanut butter  
Raw almonds 10g  
Rump steak lean raw 25g  
Ryvita x 2  
Tip Top 9 grain bread slices x 2  
Tip Top Spicy fruit loaf slices x 2  
Watermelon 125g

### LEVEL 3

30% reduced-fat tasty  
grated cheese 60g  
Avocado flesh 165g  
Fresh fruit 150g  
I & J Crumbed Lemon fish x 1  
Kiwi fruit 125g  
Multigrain bread roll 30g  
Peanut butter  
Pink salmon canned 40g  
Potato boiled 350g  
Potato raw 100g  
Raw almonds 25g  
Rump steak lean raw 50g  
Ryvita x 4  
Tip Top 9 grain bread slices x 3  
Tip Top spicy fruit loaf slices x 2  
Watermelon 150g  
Weet-Bix x 1

### LEVEL 4

30% reduced-fat tasty  
grated cheese 60g  
Avocado flesh 220g  
Egg x 1  
Fresh fruit 150g x 3  
I & J Crumbed Lemon fish x 1  
Kiwi fruit 125g  
Multigrain bread roll x 25g, 30g, 60g  
Peanut butter  
Pink salmon canned 40g  
Potato boiled x 250g, 100g, 150g  
Potato raw 100g  
Raw almonds 60g  
Rump steak lean raw 75g  
Ryvita x 4  
Sultana Bran ¼ cup  
Tip Top 9 grain bread slices x 5  
Tip Top spicy fruit loaf slices x 2  
Watermelon 150g  
Weet-Bix x 1

\*\*\*Quantities are a  
guideline only\*\*\*