

Week 10 meal plan shopping list

QUANTITY ITEM

FRUIT

apples

lady finger bananas

small dried figs

kiwifruit

lemons

limes

navel oranges

pears

VEGETABLES

artichoke

asparagus

avocado

broccoli

red capsicum

carrot

cauliflower

celery

Lebanese cucumbers

eggplant

baby fennel

baby green beans

leek

button mushrooms

cup mushrooms

onion

red onion

baby peas (frozen)

pumpkin

baby rocket leaves

superleaf salad mix

snow peas

baby spinach leaves

QUANTITY ITEM

tomatoes

roma tomatoes

watercress

zucchini

PROTEIN

lean rump steak

lean chicken breast fillets

lean chicken tenderloins

lean lamb backstraps

lean pork fillet

roast turkey

skinless, boneless flathead fillets

skinless, boneless salmon fillets

OTHER

basil

chives

coriander

flat-leaf parsley

mint

Black Swan avocado dip

fruit bread

pitted green Sicilian olives

diet caramel topping