

# Week 12 meal plan shopping list

## QUANTITY ITEM

### FRUIT

kiwifruit

lemons

limes

navel oranges

### VEGETABLES

asparagus

avocado

baby bok choy

broccoli

red cabbage

red capsicum

carrot

cauliflower

Lebanese cucumbers

eggplant

baby green beans

field mushrooms

mixed mushrooms (field, portobello, shiitake, button)

onion

red onion

spring onions

butternut pumpkin

baby radishes

baby rocket leaves

mixed salad leaves

superleaf salad mix

baby spinach leaves

baby spinach and rocket leaf mix

English spinach

sweet potato

tomatoes

## QUANTITY ITEM

cherry tomatoes

mixed baby tomatoes

zucchini

### PROTEIN

lean chicken breast fillets

lean chicken breast stir-fry strips

pulled roast chicken

lean lamb backstraps

lean pork loin steaks

skinless, boneless flathead fillets

cooked peeled, deveined medium tiger prawns

### OTHER

basil

coriander

flat-leaf parsley

mint

wholegrain dinner roll