

Week 3 meal plan shopping list

QUANTITY ITEM

FRUIT

lemons
limes

VEGETABLES

asparagus
avocado
baby bok choy
broccoli florets
red capsicum
cauliflower
celery
corn
Lebanese cucumbers
baby fennel
baby green beans
cos lettuce
baby cos lettuce
baby gem lettuce
cup mushrooms
mixed mushrooms (field, portobello, shiitake, button)
large field mushrooms
pumpkin
baby radishes
baby rocket leaves
mixed salad leaves
baby spinach leave
baby spinach and rocket leaf mix
English spinach
red onion
baby yellow squash
sweet potato

QUANTITY ITEM

cherry tomatoes
roma tomatoes
zucchini

PROTEIN

lean beef fillet steaks
lean chicken breast fillets
lean chicken breast stir-fry strips
lean French-trimmed lamb cutlets
skinless, boneless flathead fillets
skinless, boneless salmon fillets
sashimi-grade salmon
cleaned fresh squid hoods

OTHER

basil
long red chillies
chives
coriander
flat-leaf parsley
mint

micro herbs (optional)
Black Swan avocado dip