

# Week 4 meal plan shopping list

## QUANTITY ITEM

### FRUIT

lemons

limes

### VEGETABLES

artichoke

asparagus

avocado

broccoli

broccolini

brussels sprouts

red capsicum

cauliflower

celery

Lebanese cucumbers

eggplant

baby fennel

baby green beans

leek

button mushrooms

cup mushrooms

red onion

pumpkin

baby rocket leaves

mixed salad leaves

superleaf salad mix

snow peas

baby spinach leaves

tomatoes

roma tomatoes

watercress

zucchini

## QUANTITY ITEM

### PROTEIN

lean rump steak

lean chicken breast fillets

lean chicken tenderloins

lean lamb backstraps

lean pork fillets

roast turkey

skinless, boneless salmon fillets

skinless, boneless flathead fillets

### OTHER

basil

chives

coriander

flat-leaf parsley

mint

Black Swan avocado dip

pitted green Sicilian olives

diet caramel topping