

Week 6 meal plan shopping list

QUANTITY ITEM

FRUIT

lemons

limes

VEGETABLES

asparagus

avocado

baby bok choy

broccoli

red cabbage

red capsicum

carrot

cauliflower

celery

corn

Lebanese cucumbers

eggplant

baby green beans

cos lettuce

mixed mushrooms (field, portobello, shiitake, button)

field mushrooms

onion

red onion

spring onions

pumpkin

baby radishes

baby rocket leaves

mixed salad leaves

superleaf salad mix

baby spinach leaves

baby spinach and rocket leaf mix

English spinach

tomatoes

QUANTITY ITEM

baby tomatoes

cherry tomatoes

zucchini

PROTEIN

lean chicken breast fillets

lean chicken breast stir-fry strips

roast chicken

lean lamb backstraps

lean French-trimmed lamb cutlets

skinless, boneless flathead fillets

cooked peeled, deveined medium tiger prawns

OTHER

basil

coriander

flat-leaf parsley

mint