

# Week 8 meal plan shopping list

## QUANTITY ITEM

### FRUIT

bananas

lemons

limes

passionfruit

### VEGETABLES

avocado

asparagus

bean sprouts

broccoli

Chinese broccoli

brussels sprouts

red cabbage

red capsicum

carrot

cauliflower

celery

Lebanese cucumbers

corn

eggplant

baby fennel

baby green beans

long green chillies

baby cos lettuce

iceberg lettuce

mushrooms

button mushrooms

field mushrooms

onion

red onion

baby potatoes

pumpkin

baby peas (frozen)

## QUANTITY ITEM

baby radishes

spinach

baby spinach leaves

English spinach

sweet potato

tomatoes

roma tomatoes

mixed baby tomatoes

zucchini

### PROTEIN

lean beef fillet

lean chicken breast fillets

lean chicken breast stir-fry strips

cooked peeled, deveined medium tiger prawns

### OTHER

basil

chives

coriander

flat-leaf parsley

mint

Black Swan avocado dip

Vegemite

tin sliced bamboo shoots