

Week 9 meal plan shopping list

QUANTITY ITEM

FRUIT

lemons

limes

strawberries

VEGETABLES

asparagus

avocado

baby bok choy

broccoli

red capsicum

cauliflower

celery

corn

Lebanese cucumbers

baby fennel

baby green beans

cos lettuce

baby gem lettuce

cup mushrooms

field mushrooms

mixed mushrooms (field, portobello, shiitake, button)

red onion

pumpkin

baby radishes

baby rocket leaves

mixed salad leaves

baby spinach leaves

baby spinach and rocket leaf mix

English spinach

baby yellow squash

sweet potato

tomatoes

QUANTITY ITEM

cherry tomatoes

roma tomatoes

zucchini

PROTEIN

lean beef fillet steaks

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

dill

flat-leaf parsley

mint

Black Swan avocado dip