

Week 11 meal plan shopping list

QUANTITY ITEM

FRUIT

dried dates

lemons

passionfruit

strawberries

VEGETABLES

asparagus

avocado

bean sprouts

broccoli

broccolini

cauliflower

celery

Chinese cabbage (wombok)

corn

Lebanese cucumbers

baby fennel

baby green beans

baby cos lettuce

cup mushrooms

red onion

spring onions

parsnips

potatoes

baby potatoes

pumpkin

baby radishes

baby rocket leaves

mixed salad leaves

QUANTITY ITEM

baby spinach leaves

baby spinach and rocket leaf mix

tomatoes

roma tomatoes

zucchini

PROTEIN

lean chicken breast fillets

lean chicken breast stir-fry strips

lean beef topside roast

skinless, boneless salmon fillets

Gruyere cheese

OTHER

basil

chives

flat-leaf parsley

mint

oregano

rosemary

pitted small Kalamata olives

ciabatta