

Week 2 meal plan shopping list

QUANTITY ITEM

FRUIT

lemons

limes

passionfruit

VEGETABLES

asparagus

avocado

bean sprouts

Chinese broccoli

broccoli

brussels sprouts

red cabbage

red capsicum

carrot

cauliflower

celery

corn

Lebanese cucumbers

eggplant

baby fennel

baby green beans

kale

baby cos lettuce

iceberg lettuce

button mushrooms

field mushrooms

onion

red onion

baby potatoes

pumpkin

snow peas

baby spinach leaves

English spinach

QUANTITY ITEM

sugar snap peas

baby radishes

sweet potato

tomatoes

mixed baby tomatoes

roma tomatoes

zucchini

PROTEIN

lean beef fillet

lean chicken breast fillets

lean chicken breast stir-fry strips

lean chicken tenderloins

lean turkey breast fillet

skinless, boneless barramundi fillets

cooked peeled, deveined medium tiger prawns

OTHER

basil

long green chillies

chives

coriander

flat-leaf parsley

micro herbs (optional)

mint

Black Swan avocado dip

tin sliced bamboo shoots

pitted green Sicilian olives