Week 3 meal plan shopping list

<table>
<thead>
<tr>
<th>QUANTITY</th>
<th>ITEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRUIT</td>
<td>cherry tomatoes, lemons, limes</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>asparagus, avocado, broccoli, red capsicum, cauliflower, celery, corn, Lebanese cucumbers, baby fennel, baby greens, cos lettuce, baby cos lettuce, baby gem lettuce, cup mushrooms, mixed mushrooms (field, portobello, shiitake, button), large field mushrooms, pumpkin, baby radishes, baby rocket leaves, mixed salad leaves, baby spinach leaves, baby spinach and rocket leaf mix, English spinach, red onion, baby yellow squash, sweet potato</td>
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<tr>
<td>PROTEIN</td>
<td>lean beef fillet steaks, lean chicken breast fillets, 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, basil, long red chillies, coriander, flat-leaf parsley, mint, micro herbs (optional), Black Swan avocado dip</td>
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<tr>
<td>OTHER</td>
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The following meals are included in the meal plans:

- Sweet Potato and Feta Omelettes (p. 121)
- Scramble Pita Pockets (p. 117)
- Mexican Fish and Black Beans (p. 167)
- Cajun Tofu with Corn Salsa (p. 220)
- Mexican Fish and Black Beans (p. 167) + 2 x high-fibre low-GI cognac sausages + 2 tsp Nuttelex olive spread
- Quick and easy tofu crispbreads: 3 x Ryvita or 9 Grains Vita-Weat + 20 g hummus + 1 sliced medium tomato + 1 cup baby spinach + 100 g sliced tofu + 20 g avocado + 20 g Swiss or cheddar cheese
- Sashimi Salmon with Caper Avocado Dressing (p. 189)
- Chicken, Cashew and Quinoa Toss (p. 194)
- Sashimi Salmon with Caper Avocado Dressing (p. 189) + 20 g raw mixed nuts and/or seeds + 1 tsp cinnamon (optional)
- Baked Stuffed Mushrooms (p. 158)
- Weet-Bix and Yoghurt Bliss Balls (p. 145)
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- Weet-Bix and Yoghurt Bliss Balls (p. 145) + 100 g vanilla yoghurt (no added sugar) + 20 g raw mixed nuts and/or seeds + 1 tsp cinnamon (optional)
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