

# Week 5 meal plan shopping list

## QUANTITY ITEM

### FRUIT

lemons

passionfruit

### VEGETABLES

asparagus

avocado

bean sprouts

broccoli

broccolini

Chinese cabbage (wombok)

cauliflower

celery

Lebanese cucumbers

baby fennel

baby green beans

baby cos lettuce

cup mushrooms

large field mushrooms

red onion

spring onions

parsnips

potatoes

baby potatoes

pumpkin

baby radishes

baby rocket leaves

mixed salad leaves

baby spinach leaves

baby spinach and rocket leaf mix

tomatoes

## QUANTITY ITEM

mixed baby tomatoes

roma tomatoes

zucchini

sliced low-carb veg

### PROTEIN

lean beef topside roast

lean chicken breast fillets

lean chicken breast stir-fry strips

skinless, boneless salmon fillets

cooked peeled, deveined medium tiger prawns

Gruyere cheese

### OTHER

basil

chives

flat-leaf parsley

mint

oregano

rosemary

pitted small Kalamata olives

ciabatta