

Week 7 meal plan shopping list

QUANTITY ITEM

FRUIT

blueberries

mixed dried fruit

kiwifruit

lemons

limes

navel oranges

VEGETABLES

asparagus

avocado

baby bok choy

whole peeled broad beans

broccoli

broccolini

brussels sprouts

red cabbage

red capsicum

carrot

cauliflower

celery

corn

fresh corn kernels

Lebanese cucumbers

baby green beans

leek

cos lettuce

cup mushrooms

mixed mushrooms (field, portobello, shiitake, button)

large field mushrooms

button mushrooms

red onion

spring onions

QUANTITY ITEM

parsnips

pumpkin

baby radishes

baby rocket leaves

mixed salad leaves

spinach

baby spinach leaves

baby spinach and rocket leaf mix

English spinach

sweet potato

tomatoes

cherry tomatoes

zucchini

PROTEIN

lean beef fillet steaks

lean beef topside roast

lean chicken breast fillets

lean chicken breast stir-fry strips

lean chicken tenderloins

lean French-trimmed lamb cutlets

lean pork loin steaks

skinless, boneless salmon fillets

OTHER

chives

coriander

dill

flat-leaf parsley

mint

oregano

rosemary