Weekly Meal Plan Shopping List

**Week 9 meal plan shopping list**

### BreakfaSt

**MONDAY**
- Sweet Potato and Feta Omelettes (p.127)
- **UNIT TOP-UP** 20 g raw almonds

**TUESDAY**
- Scramble Pita Pockets (p.117)
- **Carb Extra** 75 g natural Greek-style yoghurt + 100 g strawberries

**WEDNESDAY**
- 50 g low-GI, high fibre cereal (no added sugars) + 180 ml milk + 20 g raw mixed nuts and/or seeds
- **Carb Extra** 1 x slice seeded low-carb bread

**THURSDAY**
- 1 x 20 g sachet porridge (no added sugars) + 100 g high-protein plain yoghurt + 30 g raw macadamias
- **Carb Extra** 1 x slice seeded low-carb bread

**FRIDAY**
- **UNIT TOP-UP** 100 g vanilla yoghurt (no added sugars) + 40 g raw mixed nuts and/or seeds + 1 tsp cinnamon (optional)

**SATURDAY**
- **Carb Extra** 1 x slice seeded low-carb bread

**SUNDAY**
- **Carb Extra** 75 g natural Greek-style yoghurt + 100 g strawberries

### Lunch

**MONDAY**
- Cajun Tofu with Corn Salsa (p.170)
- **UNIT TOP-UP** 100 g vanilla yoghurt (no added sugars) + 20 g raw mixed nuts and/or seeds

**TUESDAY**
- Quick and easy tofu crisps: 3 x Tofu or 9 Grains Vita-Weats + 20 g hummus + 1 sliced medium tomato + 1 cup baby spinach + 100 g sliced tofu + 20 g avocado + 20 g mixed nuts (optional)

**WEDNESDAY**
- Shrimp Salad with Caper and Dill dressing (p.185)

**THURSDAY**
- Chicken, Cashew and Quinoa Toss (p.194)

**FRIDAY**
- Sashimi Salmon with Caper and Dill dressing (p.189)

**SATURDAY**
- **Carb Extra** Add 80 g drained canned four-bean mix

**SUNDAY**
- **Carb Extra** 200 g strawberries

### Diner

**MONDAY**
- Thai Mushroom Stir-fry with Cashews (p.241)

**TUESDAY**
- Tandoori Salmon Tray Bake (p.237)
- **UNIT TOP-UP** 20 g Black Swan avocado dip + ½ cup sliced cucumber and celery + 20 g cheddar cheese + 20 g raw almonds
- **Carb Extra** 200 g strawberries

**WEDNESDAY**
- Chargrilled Chicken with Cilantro Dressing (p.215)
- **UNIT TOP-UP** 20 g cheddar cheese + 10 g raw cashews
- **Carb Extra** 5 x wholegrain rice crackers

**THURSDAY**
- Greek Roasted Lamb Cutlets and Vegetables (p.202) + 10 g raw cashews
- **UNIT TOP-UP** 20 g Black Swan avocado dip

**FRIDAY**
- **Carb Extra** 1 x slice seeded low-carb bread
- **UNIT TOP-UP** 100 g vanilla yoghurt (no added sugars) + 40 g raw mixed nuts and/or seeds
- **Carb Extra** 1 x slice seeded low-carb bread

**SATURDAY**
- **Carb Extra** 1 x slice seeded low-carb bread
- **UNIT TOP-UP** 100 g vanilla yoghurt (no added sugars) + 40 g raw mixed nuts and/or seeds
- **Carb Extra** 1 x slice seeded low-carb bread

**SUNDAY**
- **Carb Extra** 1 x slice seeded low-carb bread

### Weekly Meal Plan Shopping List

<table>
<thead>
<tr>
<th>QUANTITY</th>
<th>ITEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRUIT</td>
<td>cherry tomatoes</td>
</tr>
</tbody>
</table>
- lemons |
- limes |
- strawberries |

<table>
<thead>
<tr>
<th>PROTEIN</th>
<th>lean beef fillet steaks</th>
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</thead>
</table>
- lean chicken breast stir-fry strips |
- lean French-trimmed lamb cutlets |
- skinless, boneless flathead fillets |
- skinless, boneless salmon fillets |
- sashimi-grade salmon |

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>basil</th>
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- long red chillies |
- chives |
- coriander |
- dill |
- flat-leaf parsley |
- mint |

<table>
<thead>
<tr>
<th>OTHER</th>
<th>Black Swan avocado dip</th>
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</thead>
</table>
- pumpkin |
- baby radishes |
- baby rocket leaves |
- mixed salad leaves |
- baby spinach leaves |
- baby spinach and rocket leaf mix |
- English spinach |
- baby yellow squash |
- sweet potato |
- tomatoes |