

Food Shopping List

Vegetables

- Spinach
- Mushrooms
- Zucchini
- Broccoli and/or cauliflower
- Bell peppers (green, red and yellow)
- Carrots
- Onions
- Tomatoes (whole and canned)
- Potatoes
- Green beans
- Lettuce
- Pumpkin
- Snow peas
- Cucumber
- Frozen peas and/or corn
- Beetroot (canned)
- Asparagus

Breads, cereals & grains

- Multigrain bread and/or rolls
- Whole wheat (Vita Weat) and/or rice crackers
- Wholemeal flatbread (mountain bread)
- Noodles
- Pasta
- Brown rice
- Rolled oats
- Breakfast cereal
- CousCous / Polenta

Dairy products

- Low-fat, plain yoghurt in 1kg tub
- Low-fat fruit yoghurt in pottles
- Low-fat ricotta cheese
- Edam, low-fat cheddar or mozzarella cheese
- Low-fat milk
- Low-fat cottage cheese
- 5% or 10% Philly spread

Fruit

- Oranges / mandarins
- Apples
- Bananas
- Pineapple (canned or fresh)
- Peaches (canned or fresh)
- Apricots (canned or fresh)
- Pears
- Strawberries and or blueberries
- Watermelon and/or rockmelon
- Avocado

Meat, poultry, seafood, tofu & eggs

- Lean pork or beef mince
- Lean red meat
- Chicken breast
- Lean ham
- Fish fillet (tuna or salmon is ideal)
- Marinara mix
- Omega-3 eggs
- Frozen egg whites
- Salmon (canned)
- Tuna (canned)
- Firm tofu

Other

- Extra virgin olive oil (bottle and can)
- Fish oil capsules
- Mixed seeds and mixed nuts
- Sultanas / dried apricots
- Peanut butter
- Mixed beans (canned)
- LSA (Linseed, sunflower and almond)
- Green tea
- ProFlex20 - Protein
- Access bars/drinks
- Natural muesli bars or Fibrewise Bars
- Attain Shake Mix