

Shopping list

FRESH FRUIT AND VEG

1-2 lettuces
large cucumber
a cabbage
head of celery
8 tomatoes
2 capsicum
bag of spinach
head of broccoli
bag of carrots
8 medium potatoes
5 onions
bulb of fresh garlic
a few mushrooms
an orange
bags of fresh fruit (for snacks)

BAKERY

3 loaves sliced wholegrain bread
packet of hamburger buns
6 pack of flatbread wraps
8 pack of pitta pockets
8 pack of tortilla breads
loaf of crusty wholemeal bread

BREAKFAST FOODS

1.5kg bag wholegrain oats
box of low fat muesli
box of weetbix
jar of peanut butter
jar of honey

TINNED GOODS

2 x 425g cans tuna
in springwater or brine
415g can salmon
400g can chopped tomatoes
2 x 400g cans pureed tomatoes
410g can corn kernels
Small can (220g) of beetroot

2 x 420g cans chilli beans
425g can kidney beans
425g can chickpeas
2 x 420g tins baked beans
420g can spaghetti
410g can peaches in juice

COOKING AND BAKING

1-2 kg bag rice
packet of dried spaghetti
400g packet pasta shapes
400g bag breadcrumbs
400g bag of sultanas
mixed herbs, chilli powder,
cumin, paprika, ground coriander
jar of lemon pepper seasoning
box of chicken stock cubes

SAUCES AND DRESSINGS

jar soy sauce
bottle worcestershire sauce
bottle sweet chilli sauce
jar low fat mayonnaise
bottle low fat ranch dressing
bottle tomato sauce

MEAT/DELI

500g chopped beef
500g mince
400g chicken
packet chicken drumsticks
1kg shaved ham

CHILLED FOODS

2 litres milk
500-1kg block of cheese
150g pottle of low fat,
unsweetened yoghurt
140g pot sour cream
Tray of 30 eggs