WEEKLY SHOPPING LIST FOR MEAL PLAN 02

FRUIT & VEGETABLES

Fresh

- ○ cherry tomatoes
- ○ 2x bulbs garlic
- ○ 2x avocados
- ○ 6x lemons
- ○ 1x lime
- ○ 4x bananas
- ○ strawberries
- ○ 2x cucumbers
- ○ spring onions
- ○ white cabbage
- ○ red cabbage
- ○ 2x red bell peppers
- ○ 1x carrot
- ○ radishes
- ○ bean sprouts
- ○ spring onions
- ○ ginger
- ○ 4x zucchinis
- ○ bunch asparagus
- ○ 1x bag rocket

Frozen

- ○ green peas

Herbs

- ○ basil
- ○ coriander
- ○ mint
- ○ chives

MEAT, DAIRY & NON-DAIRY

Fish & Seafood

- ○ 6 oz. (180g) hot smoked salmon
- ○ 10 oz. (300g) cod fillets

Meats

- ○ 1 lb. (450g) turkey breast
- ○ 1 lb. (450g) ground beef (5% fat)
- ○ 4x chicken breasts

Dairy

- ○ cottage cheese
- ○ Greek yogurt
- ○ feta cheese
- ○ cream

Non-Dairy

- ○ 10x eggs
- ○ natural tofu

Other

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

GRAINS, SEEDS & SPICES

Grains

- ○ buckwheat flour

Nuts & Seeds

- ○ sesame seeds
- ○ almonds

Spices

- ○ oregano
- ○ paprika
- ○ turmeric
- ○ chili

Other

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

CANS, CONDIMENTS & MISC

Oils

- ○ coconut oil
- ○ olive oil
- ○ sesame oil

Cans & Condiments

- ○ sweetcorn
- ○ peanut butter
- ○ black olives
- ○ tahini
- ○ fish sauce
- ○ rice wine vinegar
- ○ white wine vinegar
- ○ soy sauce (reduced sodium)
- ○ sundried tomatoes

Sweeteners

- ○ stevia/xylitol
- ○ honey

Other

- ○ baking powder
- ○ vegetable stock
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____