

shopping list for menu plan 1



High Fibre Breakfast cereal (eg Weetbix, Weet biscuits, Kornies, Weeties,
All Bran Wholegrain Rolled Oats)
Wholemeal sandwich sliced bread
Wholemeal pita breads
Wholemeal torpedo rolls
Fruit Bread
Plain Crackers – Vita wheat, ryvita, Arnotts Vita- life, Huntley & Palmers low fat crackers
Golden Fruit biscuits
Pasta –eg macaroni, bows
Lasange sheets
2-3 Tins Chick peas
2 tins Cannellini beans
Tinned Chilli Beans
Tinned salmon
Tinned Tuna
Tin Watties Indian Tomatoes
Tinned beetroot
Pickle
Balsamic vinegar
Peanut Butter
Long grain rice
Baking Bran
Eggs

Frozen Green Beans
Frozen Green Peas
Avocadoes
Asparagus - 3 meals
Lettuce – 2 meals + lunches
Cabbage
Carrots – 1 bag
cucumber
Veges for stir fry
Broccoli
Potatoes
Onions
Celery
Tomatoes,
Peppers
Mushrooms
Leek
Pumpkin
Fresh fruit at least 2 servings per person per day.

Chicken, pieces
1 whole chicken
Lean beef Mince (2 meals)
Stewing Steak
Shaved ham

Yoghurt
Trim milk
5% Philadelphia cream cheese
Cheese (e.g. Edam)