

## Meal ideas

## Weekly shopping list\*

√ any allowed items you need

### Sunday

B  
L  
D

### Monday

B  
L  
D

### Tuesday

B  
L  
D

### Wednesday

B  
L  
D

### Thursday

B  
L  
D

### Friday

B  
L  
D

### Saturday

B  
L  
D

## Fresh produce to blend smooth

### fruit

- avocado
- bananas (small)
- dates\***
- lemon\***
- lime\***
- mango\***
- stewing apples
- strawberries

### vegetables

- asparagus
- broccoli
- brown onions\***
- carrots\***
- cauliflower
- celery
- leeks
- mushrooms
- onions\***
- potato
- pumpkin
- shallots\***
- spinach
- spring onion
- tomato

### herbs

- coriander\***
- garlic\***
- ginger\***
- mint\***

### pantry

- baked beans
- beef & chicken stock (reduced salt)\***
- black beans\***
- chicken bone broth\***
- coffee (caffeine free)
- creamed corn
- essences
- extra virgin olive oil\***
- fruit puree
- garam masala\***
- ground cinnamon\***
- ground coriander\***
- ground cumin\***
- herbal tea (caffeine free)
- jarred roasted red peppers\***
- light evaporated skim milk
- nourishing protein drinks
- miso soup
- mustard
- paprika\***
- pepper\***
- pimento stuffed olives\***
- pitted prunes\***
- psyllium husk
- red lentils\***
- salt\***
- sesame oil
- skim milk powder\***
- soy sauce (reduced salt)
- steel cut oats
- sugar free cordial
- tomatoes (diced)\***
- tomato paste
- Weet-Bix
- Worcestershire sauce

### fridge

- chicken thighs\***
- chuck steak\***
- creamed rice
- drinking yoghurt pouches
- high protein milk
- hummus
- lactose free milk
- low fat custard
- low fat milk (lite)
- low fat vanilla yoghurt\***
- low fat unsweetened Greek yoghurt\***
- low sugar sports drinks
- nourishing protein drinks
- prune juice
- skim milk\***
- smooth ricotta cheese
- V8 vegetable juice (fruit free)

### freezer

- baby peas\***
- blueberries\***

### chemist or on-line

- benefibre
- enriching protein powder
- lacteeze drops or tablets
- multivitamin
- nourishing protein drinks
- VLED meal replacement shakes or soups

\* these ingredients are included in Enlighten Nutrition's nutritious and delicious recipes