

## 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

### fruit

- apricot
- bananas (small)
- blackberries
- blueberries
- cherries
- dates
- fig
- grapes
- grapefruit
- guava
- honeydew
- kiwi fruit
- lemon
- lime
- lychees
- mandarin
- mango
- mulberries
- olives
- passionfruit
- paw paw
- plum
- raspberries
- rockmelon
- strawberries
- watermelon

### vegetables

- alfalfa sprouts
- asparagus
- bok choy
- broccoli
- broccolini
- beetroot
- brussel sprouts
- cabbage
- capsicum
- carrots\***
- cauliflower\***
- celery
- cucumber
- edamame
- eggplant\***
- gherkin
- green beans
- kale
- leeks
- lettuce
- mung beans
- mushrooms (button)
- onions\***
- radish
- shallots\***
- silver beet
- snow peas
- spinach
- spring onion
- squash
- tomato
- watercress
- zucchini\***

### herbs

- coriander\***
- garlic\***
- ginger\***
- parsley\***

### pantry

- capers
- diet jelly
- dried oregano\***
- essences
- extra virgin olive oil\***
- ground cumin\***
- ground pepper\***
- herbal tea (caffeine free)
- konjac noodles
- miso soup
- oyster sauce\***
- psyllium husk
- reduced salt vegetable stock\***
- sugar free gum
- sesame oil\***
- soy sauce (reduced salt)\***
- sugar free cordial
- tomatoes (diced)\***
- tomato paste
- red wine vinegar\***
- vinegar (any type)
- Worcestershire sauce

### fridge

- mineral water
- low sugar sports drinks
- skim milk
- soda water
- V8 vegetable juice (fruit free)

### freezer

- corn\***
- peas\***
- riced cauliflower\***

### chemist or on-line

- benefibre
- enriching protein powder
- lacteeze drops or tablets
- multivitamin
- sugar free lollies
- VLED meal replacements products

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