

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

- bananas (small)
- lemon***
- lime***
- mango***
- strawberries

vegetables

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

herbs

- coriander***
- garlic***
- mint***

pantry

- black beans***
- bone broth
- coffee (caffeine free)
- creamed corn
- essences
- extra virgin olive oil***
- ground cumin***
- ground coriander***
- herbal tea (caffeine free)
- nourishing protein drinks
- miso soup
- mustard
- paprika***
- pepper***
- psyllium husk
- reduced salt chicken stock***
- salt***
- sesame oil
- skim milk powder***
- soy sauce (reduced salt)
- sugar free cordial
- tomatoes (diced)***
- tomato paste
- Worcestershire sauce

fridge

- chicken thighs***
- drinking yoghurt pouches
- high protein milk
- lactose free milk
- low fat milk (lite)
- low fat vanilla yoghurt***
- low fat unsweetened Greek yoghurt***
- low sugar sports drinks
- nourishing protein drinks
- prune juice
- skim milk***
- 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