

Meal ideas

Weekly shopping list*

✓ any allowed items you need

Sunday

B
L
D

fruit

- ☐ avocado
- ☐ bananas (small)
- ☐ **dates***
- ☐ kiwi fruit
- ☐ **lemon***
- ☐ **lime***
- ☐ **mango***
- ☐ **nashi pear***
- ☐ passionfruit
- ☐ plum
- ☐ stewing apples
- ☐ strawberries

vegetables

- ☐ asparagus
- ☐ bok choy
- ☐ broccoli
- ☐ beetroot
- ☐ **brown onions***
- ☐ brussel sprouts
- ☐ cabbage
- ☐ capsicum
- ☐ **carrots***
- ☐ cauliflower
- ☐ celery
- ☐ corn
- ☐ cucumber
- ☐ edamame
- ☐ eggplant
- ☐ gherkin
- ☐ leeks
- ☐ lettuce
- ☐ **mushrooms (button)***
- ☐ **shallots***
- ☐ **parsnip***
- ☐ **potatoes (desiree)***
- ☐ pumpkin
- ☐ **shallots***
- ☐ silverbeet
- ☐ snow peas
- ☐ spinach
- ☐ spring onion
- ☐ squash
- ☐ tomato
- ☐ **zucchini***

pantry

- ☐ all bran original
- ☐ all bran wheat flakes
- ☐ Australian bush foods
- ☐ baked beans
- ☐ Be Natural 5 wholegrain flakes or mini bites
- ☐ **beef & chicken stock (reduced salt) ***
- ☐ **black beans***
- ☐ **chicken bone broth***
- ☐ **chickpeas***
- ☐ **curry powder***
- ☐ **dried mint***
- ☐ **dried oregano***
- ☐ **extra virgin olive oil***
- ☐ **garam masala***
- ☐ **ground cinnamon***
- ☐ **ground coriander***
- ☐ **ground cumin***
- ☐ Guardian
- ☐ **jarred roasted red peppers***
- ☐ kidney beans
- ☐ Natural bircher muesli
- ☐ mixed nuts
- ☐ oats (steel cut or quick)
- ☐ **paprika***
- ☐ peanut butter
- ☐ **pearl barley***
- ☐ **plain flour***
- ☐ **pimento stuffed olives***
- ☐ **pitted prunes***
- ☐ **red lentils***
- ☐ Ryvita crispbreads
- ☐ salmon (canned)
- ☐ **salt and pepper***
- ☐ seeds (chia, pumpkin)
- ☐ **skim milk powder***
- ☐ **soy sauce (reduced salt)***
- ☐ Sultana bran
- ☐ **tomatoes (diced)***
- ☐ **tomato pasta sauce***
- ☐ **tuna in spring water***
- ☐ **Weet-Bix***
- ☐ **White cooking wine***

Monday

B
L
D

fresh herbs

- ☐ **coriander***
- ☐ **chives***
- ☐ **garlic***
- ☐ **ginger***
- ☐ **mint***

Tuesday

B
L
D

fridge

- ☐ **butter***
- ☐ **chicken thighs***
- ☐ chicken (minced)
- ☐ **chuck steak***
- ☐ cottage cheese
- ☐ cheddar cheese
- ☐ **eggs***
- ☐ fresh fish
- ☐ ham (shaved)
- ☐ high protein milk
- ☐ hummus
- ☐ yoghurt
- ☐ **lamb mince***
- ☐ lean meat (minced)
- ☐ low fat milk (any type)
- ☐ **low fat vanilla yoghurt & * unsweetened Greek yoghurt***
- ☐ **parmesan cheese (grated)***
- ☐ **ricotta cheese**
- ☐ **skim milk* (low fat)***
- ☐ soft tofu
- ☐ turkey (shaved)

Wednesday

B
L
D

Thursday

B
L
D

Friday

B
L
D

Saturday

B
L
D

freezer

- ☐ **baby peas***
- ☐ **blueberries***
- ☐ corn
- ☐ riced cauliflower

chemist or on-line

- ☐ benefibre
- ☐ enriching protein powder
- ☐ lacteeze drops or tablets
- ☐ multivitamin
- ☐ nourishing protein drinks
- ☐ VLED meal replacements

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



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