



SHOPPING LIST

WEEK 3



GROCERIES

Oats
Vanilla essence
Air popped popcorn
Wholewheat high fiber
breakfast bars
Salt and pepper
Garlic powder
Ginger
Paprika
Cayenne pepper
Cumin
Cinnamon
Italian herbs
Pretzels
High fiber crackerbreads
High fiber rice cakes
Quinoa or bulgar wheat
Brown rice
Lentils
Beetroot
Peanut butter
Reduced oil mayonnaise
Sardines or pilchards
Wholewheat pasta
Wholewheat couscous
Basil pesto
Tomato
paste
Tomato and onion mix
Chopped / diced tomato
Whole tomato
English mustard
Wholegrain mustard
Dijon mustard

GROCERIES

Curry powder
White wine
Maize meal
Bran muffin mix
Sugar
Bran stick
cereal

DAIRY & EGGS

Flora margarine
Eggs
Fat free plain cottage
cheese
Low fat milk
Low fat yoghurt
Low fat plain yoghurt
Reduced fat Feta cheese

VEGETABLES

Onion
Red onion
Spring onions
Spinach
Cherry tomato
Carrots
Cucumber
Brown mushrooms
Mushrooms
Corn on cob
Red pepper
Herbs, parsley, mint,
coriander, rocket, basil
Baby spinach
Baby marrows
Tomatoes
Garlic
Baby potatoes
Red Cabbage
Cabbage
Avocado
Green beans
Cauliflower
Broccoli
Butternut
Lettuce
Gem Squash



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MEATS & FISH

Biltong powder
Lean Biltong
Wafer ham / chicken / turkey /
pastrami
Chicken mince frikkadels
Extra lean beef mince
Pork fillet
Chicken thighs boneless and
skinless
Chicken thighs or breast
boneless and skinless
Chicken kebab / rump / fillet or
lamb chop
White fish fillets

FRESH FOODS

Reduced fat hummus

FROZEN FOODS

Peas

FRUIT

Mixed berries
Strawberries
Papaya
Green melon
Watermelon
Banana
Apple
Nectarine
Lemon
Naatjies

