



SHOPPING LIST

WEEK 2



GROCERIES

Maltabella
Crackerbread
Oats
Pretzel's
Cinnamon
Black pepper
Italian mixed herbs
Paprika
Garlic salt
Turmeric
Curry powder
Peeled and diced tomato
Almonds
Baked beans
Peanut butter
Protein balls
Brown rice
Chickpeas
Tin Tuna in water
Sweet chili sauce
Tomato sauce
Reduced oil mayonnaise
Reduced sodium soya sauce
Sesame oil
Chutney
Whole grain mustard
Quinoa or Bulgar wheat
Wholewheat pasta
Asian noodles
Bicarbonate of soda
Vinegar brown grape
Balsamic vinegar
Raisins

DAIRY & EGGS

Flora margarine
Low fat milk
Low fat plain yoghurt
Low fat yoghurt
Eggs
Fat free cottage cheese
Mozzarella cheese
Reduced fat feta cheese
Parmesan cheese

BAKERY

Low GI Wholewheat
brown bread
High fiber brown wrap

VEGETABLES

Pepper
Tomato
Lettuce
Onion
Mushrooms
Green beans
Avocado
Bell pepper
Mixed salad leaves
Baby potatoes
Herbs – parsley, chives
Carrot
Purple cabbage
Cucumber
Butternut
Garlic
Gem squash
Baby spinach
Tender stem broccoli
Sweet potatoes
Packet Roasting veg
Corn on cob
Cabbage
Bok Choy
Spinach
Gherkins



SHOPPING LIST

WEEK 2



MEATS & FISH

Lean Biltong
Wafer thin turkey, chicken
or ham
Chicken breast or thigh skinless
Meatballs
Crumbed hake fillets
Chicken kebabs
Chicken or pork strip
Extra lean beef mince

FRESH FOODS

Reduced fat hummus
Butternut soup - if none
leftover
Tomato soup

FROZEN FOODS

Peas

FRUIT

Grapes
Apple
Banana
Lemon

