



Flora™

SHOPPING LIST

WEEK 1

GROCERIES

Oats
High fibre bran flakes
Peanut butter
Raisins
Tinned Tuna, in water
Tinned sardines/pilchards
Gherkins
Reduced oil mayonnaise
Sweet chili sauce
Whole wheat spaghetti
Wholewheat couscous
Air popped popcorn
High fibre crackerbreads
High fibre rice cakes
Chickpeas
Lentils
Tomato sauce
Tomato and basil pasta sauce
Tomato and onion mix
Tomato paste
Red wine
White wine
Cake flour
Corn flour
Cinnamon Paprika
Italian herbs
Salt & pepper
Chicken stock
Sugar



DAIRY & EGGS

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

MEATS & FISH

Chicken breasts or thighs,
skinless
Beef, chicken, ostrich or
fish burger patties
White fish fillets
Extra lean beef mince
Lean biltong
Wafer thin chicken,
turkey or ham slices

VEGETABLES

Baby carrots
Sugar snap peas
Rosa tomato
Celery
Carrots
Mini sweet peppers
Red pepper
Yellow pepper
Sweet potato
Baby spinach
Tomato
Lettuce
Cucumber
Red onion
Onion
Garlic
Red cabbage
Green cabbage
Herbs – coriander, parsley, basil
Beans
Gem squash
Broccoli
Cauliflower
Cauliflower rice
Carrots
Butternut
Beetroot
Zucchini / baby marrow
Mushrooms



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BAKERY

Low GI brown wholewheat bread
Brown seeded roll
Brown wrap – small
Vegetable wrap – beetroot or
cauliflower



FROZEN FOODS

Peas

FRESH FOODS

Butternut Soup

FRUIT

Peach
Lemon
Banana
Pineapple
Mango
Naartjies

