

Australia's Healthy Weight Week

7 DAY MEAL PLAN SHOPPING LIST

Quantities shown serve a family of four

Grain (cereal) foods

- Natural muesli 1 cup (60g) – 240g
- Whole grain cereal 1 cup (45g) – 360g
- Multigrain bread 3 loaves (44 slices)
- Sourdough bread (preferably wholegrain) (12 slices)
- Wholemeal pita bread (12 medium)
- Loaf fruit toast (8 thin slices)
- Hokkien noodles (400g)
- Arborio rice (1.5 cups)
- Pasta (160g)
- Breadcrumbs (1/3 cup)

Milk, yoghurt and cheese products/alternatives

- Reduced-fat milk (6L)
- Reduced-fat yoghurt 4 x 6pk 200g tubs
- Reduced-fat ice cream (2L)
- Reduced-fat cheddar cheese (500g block)
- Cottage cheese (160g)
- Parmesan cheese (1/3 cup)

Meat, fish, poultry and alternatives

- Ham (260g)
- Roast beef (260g)
- Luncheon chicken slices (260g)
- Four-bean mix (420g tin)
- Chickpeas (3 x 400g tins)
- Fish fillet (such as salmon portion) (small: 150g x 4), either fresh or frozen
- Lean steak (100g piece x 4)
- Firm tofu 350g block
- Eggs (dozen)
- Mince meat (400g)
- Tuna (400g)
- Tin pink salmon (2 x 200g tins)
- Chicken breast (800g)
- Cashew nuts (1/4 cup)

Vegetables

- 350g sweet potato
- Bunch of asparagus
- Lettuce (1 iceberg)
- Rocket leaves (1 large bag)
- Baby spinach leaves (2 large bags)
- 3 stalks celery
- 1 brown onion
- 4 red onions
- 8 medium potatoes
- 1 large bunch flat leaf parsley
- 8 red capsicums

- Frozen peas 1/3 cup
- 5 carrots
- 200g mushrooms
- Champignon mushrooms (small tin)
- 1 leek
- Butternut pumpkin (1/2 large-600g)
- 12 small tomatoes
- 6 small cucumbers
- 150g bag snow-peas
- 1 tin crushed tomatoes
- Corn kernels (2x 420g tins)
- Frozen mixed vegies (1kg bag)
- Garlic (2 cloves)
- Mixture of extra salad ingredients for green side salads (lettuce, cucumbers, snowpeas, avocados) (about 20 cups)

Fruit

- 1 whole rockmelon
- 12 bananas
- 4 cups frozen mixed berries
- 16 halves tin apricots
- 36 slices tinned peaches in natural juice
- 8 small plums
- 4 Granny Smith apples
- 5 avocado
- 2 lemons

Miscellaneous

- Mixed herb/spices:
 - Ground coriander (1/2 tsp)
 - Ground cumin (1/2 tsp)
 - Cinnamon sticks (3)
 - Ground all-spice (1/2 tsp)
- Brown sugar 1/3 cup
- Reduced-fat mayonnaise (1/2 tablespoon)
- Sweet chilli, ginger and soy marinade (7 tablespoons)
- Mustard, wholegrain (1 teaspoon)
- Balsamic vinegar (1 tablespoon)
- Canola oil spray
- Olive oil (1 tsp)
- Honey (2 tablespoons)
- Margarine
- Diet chocolate topping (4 teaspoons)
- Reduced-fat Italian salad dressing
- Flour, plain
- Instant coffee
- Chicken stock

