



WEEK 3 SHOPPING LIST

Staples

Olive Oil
Salt
Pepper
Balsamic vinegar

Fresh

2 Cucumber
4 Carrot
4 Capsicum
400g snow peas
1 punnet cherry tomatoes
1 punnet of strawberries
Handful of Mushrooms
½ Butternut Pumpkin
2 Onion
Basil
1 bag of rocket
2 Zucchini
1 Granny Smith Apple
1 bag of Mixed leaves
¼ red onion
1 shallot, finely diced
4 garlic cloves
1 tsp ginger
2 lime
Fresh bean sprouts (garnish)

Fridge

1 wheel of soft cheese
1 wedge of hard cheese
2 x veggie based dips
320g cheddar cheese
5 eggs
¼ cup milk
¼ cup feta
6 Pork sausages
400-500g of tofu or chicken breast
240g butter

Bakery

2 large wholemeal pizza bases

Frozen:

250g frozen Puff Pastry
Fresh or frozen raspberries

Pantry

½ cup walnuts
½ cup almonds
1 cup pepitas
½ pack of seedy crackers
½ block of dark chocolate
2 tsp vanilla
¾ cup plain flour
¼ cup cocoa
1 tsp salt
8 tbsp pizza style tomato paste/base
Sun-dried tomatoes
Olives
1 tsp American mustard
1 tsp white vinegar
1 tsp honey
1 cup Breadcrumbs
1 large pack of dry Pad Thai rice noodles
3 tbsp fish sauce
3 tbsp brown sugar
3 tbsp of rice wine vinegar
1 tsp soy sauce (GF)
Cashews (garnish)
Chilli flakes (garnish)
200g of dark chocolate chunks
1 ¼ cup white sugar