



SHOPPING LIST

Staples

Soy sauce
Extra-virgin olive oil
Chilli garlic sauce
Honey
Garlic, minced
Rice wine vinegar
Sugar
Salt
Sesame oil
Mayo
Sriracha
Pepper
Balsamic Vinegar
Balsamic Glaze

Fresh

2 lime
4 cucumbers
3 avocado
2 carrot
1 red onion
½ punnet cherry tomatoes (halved)
Coriander
2 tomatoes
¼ red cabbage
1 Jalapeño
2 cups oregano leaves
1 large bag of rocket
1 pear
3 bananas
1 lemon
1 red capsicum
1 celery stick

Fridge

4 salmon fillets
½ bag of tasty cheese grated
Large tub of greek yoghurt
1kg lamb mince
4 eggs
2 cups (200g) grated mozzarella
¼ cup (20g) finely grated pecorino
¼ cup parmesan shredded

Pantry

1 large packet cooked brown rice
2 tin corn
Sesame seeds
1 cup of uncooked brown lentils
2 cups of vegetable stock
2 tsp chilli powder
4 tsp cumin powder
1 tsp garlic powder
1 tsp oregano
1 can of black beans
2 bag of plain corn chips/tortilla strips
400g spiral pasta
1½ tablespoons harissa paste
2¼ cups (700g) tomato purée (passata)
1 cup walnuts
1 ¾ cup wholemeal flour
½ tsp ground cinnamon
1 tsp baking soda
1 tsp vanilla extract
¼ cup oats
¼ cup dark chocolate chips
1 (400g) tin chickpeas, drain & keep liquid
1 tsp tahini