



WEEK 2 SHOPPING LIST

Staples

Extra-Virgin Olive oil
Salt and pepper
1/2 cup peanut butter
2 cubes of chicken stock
150g aioli
3 tbsp soy sauce
150g sweet chilli sauce
Creamy chipotle sauce

Fresh

1 avocado
2 tomatoes
3 fresh corn cobs
1 red onion
6 garlic cloves, minced
3 limes
1 lemon
2 large handfuls of green beans
2 zucchini
2 large sweet potatoes
1 pre-made bag of coleslaw
1 Lebanese cucumber
1/4 red cabbage
1 red Capsicum
1 Jalapeno
1/2 Pineapple
10 fresh dates

Fridge

4 fillets of salmon
500g of lean pork mince
1 block of halloumi cheese,
40g butter
1/2 cup of Greek yoghurt
1 egg

Pantry

2 multigrain tortillas
8 small corn (GF) or flour tortillas
4 multi grain bread rolls
2 cups of couscous
1 Tbsp of Mexican seasoning
Shredded coconut for sprinkling
2 tbsp of currants
1 tbsp sesame seeds
1/2 cup breadcrumbs
1/3 cup of dukkah