



WEEK 4 SHOPPING LIST

Staples:

Olive oil or vegetable oil
Salt

Pantry:

1/2 cup brown sugar
1/4 cup honey
1/4 cup pistachios
3/4 cup pepitas
1/2 cup of almonds
1/2 cup dried cranberries
1/2 cup rolled oats
1/2 cup self-raising flour
1/2 cup plain flour
Your fave block of chocolate
1 cup red lentils
1/2 tsp cumin seeds
1 cinnamon stick
1/2 tsp ground turmeric
1/2 tsp ground cardamom
1/2 tsp paprika
1 1/2 tsp ground cumin
1 1/2 tsp ground coriander
1 tsp garlic powder
1/2 tbsp white wine vinegar
1 tbsp sesame seeds
2 cups couscous
2 cups chicken stock
1/2 cup roasted red capsicum strips
1 1/2 tbsp pine nuts
1 x large pack of brown rice
2 x naan bread
2 cups bread crumbs

Fridge:

Big dollop of yoghurt
1/3 cup finely grated parmesan
1 egg
1 Tbsp milk
100g feta
70g butter

Fresh:

1/2 butternut pumpkin
1/2 head of cauliflower
1 onion
1 green chilli
4 garlic cloves
1 tbsp ginger
1 medium tomato
1 lemon
Bunch of parsley
1 coleslaw pack mix
1 green apple
2 sweet potatoes
1 small red onion
Bunch of parsley
Bunch of mint
1 long red chilli
200g cherry tomatoes,
60g baby rocket leaves

Protein

4 chicken breasts (thinly sliced, schnitzel style, un-crumbed) OR you can use a mallet to beat down the chicken breast into thin schnitzel sizes.
750g lamb mince

Other:

8 wooden skewers