

BFT Week 1 and 2 Suggested Meal Plan Shopping List

- The Shopping List below is based on all the foods contained in the suggested weeks plan for week only. ***This means you will do this again for week 2.*** This will give you a second opportunity to practice your cooking your recipes and help prevent food wastage.
- If you buy all food for ***the two weeks*** some foods such as meat, seafood and poultry may need to be frozen.
- Feel free to omit recipes you dislike or follow instructions to substitute food groups in a recipe for preference of cost, availability or ethical/health beliefs. You can also choose to double up on recipes if you don't mind eating the same thing the next day.
- Use the Shopping list below and the recipes you plan to cook up over the next 7 days and make a list on the amounts you need to buy considering:
 1. Your portion sizes
 2. The foods your already have
 3. Any food group substitutes you have chosen in recipes (e.g. a different meat/protein or grain)
 4. What foods you may have to freeze or return to the shops later.

Meat/Poultry/Seafood/Protein:

Ingredients: (ALL RAW WEIGHT)	Amount to buy:	Tick:
Chicken Breast, Skinless	F: 100g M: 120g	
Chicken Breast, minced, lean	F: 120g M: 150g	
Swordfish (fish), or similar white fillet	F: 150g M: 175g	
Beef, lean, Blade or Eye Fillet, diced	F:180g M: 240g	
Lamb backstrap	F: 200g M:260g	
Lean Beef Mince	F:195g M:250g	
Rocking (Fish) or similar	F: 120g M: 160g	
Eggs	F:3 M:3	

Fruit:

Ingredients:	Amount to buy:	Tick:
Mango Fresh, or Frozen	100g	
Cherries, fresh or frozen	70g	
Mixed berries, Fresh or Frozen	500g	
Raspberries	70g	
Blueberries, Fresh or Frozen	75g	
Pineapple, tinned or fresh	100g	
Banana	4.5	
Fresh lemons or lemon juice in bottle (preferred)	150ml	
Favourite fruit for snacks	5 serves	

Vegetables:

Ingredients:	Amount to Buy:	Tick:
Spring Onion	125g	
Thai Basil leaves, fresh (optional)	1 bunch	
Oregano, semi dried or dried (or fresh if prefer)	½ tsp.	
Parsley, fresh (optional)	5g	
Chives, Fresh or Dried (optional)	5g	
Garlic, Gourmet Gardens, Cold Blend Paste OR FRESH	55g	
Ginger, Gourmet Gardens, Cold Blend Paste OR FRESH	5g	
Cucumber	150g	
Red Chilli, Fresh or pre-dried (Gourmet Gardens)	2 small chilli OR 2 tsp.	
Cherry Tomatoes	295g	
Mushrooms (mix of button and Large size)	210g	
Mushrooms, enoki (long string like) or use common	75g	
Green beans	120g	
Ice berg or Romaine lettuce	3 large leaves/cups	
Tomato	2 large / 500g	
Red Onion	70g	
Carrot	130g	
Brown onion	290g	
Capsicum, Red or Yellow	1 large and whole (stuffed cap) + 75g	
Sweet Potato - Purple, Hawaiian or Orange	F: 220g M: 290g	
Pumpkin, any	225g	
Broccolini	160g	
Broccoli	225g	
Kale	200g	
Eggplant	150g	
Peas (fresh, frozen or canned)	100g	
Corn (fresh, frozen or canned)	190g	
Baby Spinach	215g	

Pantry/other:

Ingredients:	Amount to buy:	Tick:
Whole Grain Oats or 'Five Grain Porridge (Macro) or Similar	F:310g M:390g	
Wholemeal Penne Pasta, (cooked weight), or Gluten Free alternative.	F: 140g M: 200g	
Wholemeal Spaghetti, (cooked weight), or GF alternative or just buy one variety e.g. Penne.	F: 75g M: 100g (cooked weight!)	
Chia seeds (black, white or mixed)	30g	
Goji Berries	2 tsp.	
LSA (linseed, Soy and Almond – Finely ground) * or use crushed nuts	2 tsp.	
Toasted coconut flakes (optional)	2 tsp.	
Pistachio nuts or other	20g	
Multi Grain Corn Thins	4	
Green Curry Paste (Valcom or similar)	1 tsp.	
Tikka Masala Paste (Sharwood's or Patak's or similar)	6 tsp.	
Light and Creamy Coconut Flavoured Evaporated milk (Nestle Carnation), canned	F: 70ml M: 90ml	
Creamy Mushroom Soup (Cambells, or similar), canned or in carton	50g	
Paprika Spice	1 tsp.	
Nut meg, spice	5g	
Hoisin Sauce, bottled	F: 30g M:40g	
4 Bean Mix – recommend small tins (125g/90g when drained)	F: 130g M: 200g	
Lentils, brown, canned, drained	F: 75g, Male 90g	
Pepper	Optional	
Salt	Optional to season (minimal amounts)	
Diced/crushed Tomatoes, canned	500g	
Tomato Paste	3 tbsp./ 60g	
Worcestershire sauce, bottled	5g	
Chickpeas, canned	F: 80g M:100g	
Tinned Tuna, Greensees, "98% Fat Free Sundried Tomato and Onion",	2	
Tuna, in spring water, 95g tin	2	
Quinoa, precooked microwave packs (recommended), or buy raw and cook.	F: 40g M:50g	
Brown rice, precooked, microwave pouches and keep remaining refrigerated.	F: 210g M: 260g	

Black rice, precooked, microwave Pouches (Coles or similar)	F: 160g M:200g	
Wholegrain Barley Wraps (Freedom, or 'Be Free' Gluten Free alternative)	2	
Extra virgin Olive Oil, Bottle	Buy a small bottle, you will use minimal amounts	
Honey or Agave	5g	
Vanilla Bean Extract (Queen)	5 caps full	
Cinnamon spice	1 tsp.	
Baking Powder	1 tsp.	
Balsamic glaze	2 tsp.	
Chai Tea bags,	2	
Jarrah, 99% fat free hot chocolate powder (not sachet)	1 tsp.	
Matcha Green Tea Powder	1 tsp.	

Dairy:

Ingredients:	Amount to buy:	Tick:
Reduced fat or Skim Milk	F: 540ml M: 560ml	
Vitasoy Coconut Milk or Almond Milk Beverage, unsweetened (or similar calcium fortified product with at least 120mg/100ml) • Or just use Cow's Milk	250ml	
Chobani No Fat Greek Yoghurt, 1 Large Tub + small (170g) Tubs Or Lactose Free or Dairy Alternative (Liddell's and Black Swan = LF, Soy Life Yogurt = DF)	Large – 220g Small 170g tubs: 4	
Ricotta Cheese, light and smooth	F: 100g M: 120g	
Reduced Fat Cottage Cheese Or Lactose free version.	120g	
Bocconcini	40g	
Feta cheese, reduced fat	F: 40g M: 60g	
Sour Cream, extra light	40g	
Skinny Latte or tea made with milk (purchased at cafe or made from home)	Optional for snacks	