

BFT Week 5 and 6 Suggested Meal Plan Shopping List:

- The Shopping List below is based on all the foods contained in the suggested weeks plan for one week only. ***This means you will do this again for week 6.*** This will give you a second opportunity to practice 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.
- You may choose to keep in some of your favourite meals from week 1 and 4. If so, please edit these ingredients in your shopping list.
- 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 you 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: 150g | |
| Turkey, Breast, Minced | F: 240g M: 320g | |
| Flat head Fish, or similar | F:100g M: 130g | |
| Scallops, or any other white fleshed seafood | F: 8 (85g) M: 10 (105g) | |
| Calamari, fresh or frozen, plain | F: 150g M:200g | |
| Beef, Eye Fillet, or similar lean cut. | F: 150g M: 200g | |
| Lamb, lean, diced | F: 200g M: 240g | |
| Eggs | F:1 M:1 | |

Fruit:

| Ingredients: | Amount to buy: | Tick: |
|---------------------------------------|--|-------|
| Mango Fresh, or Frozen | 245g | |
| Cherries, fresh or frozen | 120g | |
| Mixed berries, Fresh or Frozen | 225g | |
| Raspberries | 140g | |
| Strawberries, fresh | 125g | |
| Pineapple, tinned or fresh | 50g | |
| Banana | 225g (2.5 x medium) | |
| Apple, pink lady or similar | 1 large, 100g | |
| Orange | 1 large, 120g + 50ml juice (scallops recipe) | |
| Fresh lemons or lemon juice in bottle | 80g/ml | |

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| (preferred) | | |
| Lime, fresh or bottled (or just use lemon juice) | 40ml | |
| Favourite fruit for snacks (choose your favourite) | 4 | |

Vegetables:

| Ingredients: | Amount to Buy: | Tick: |
|---|------------------|-------|
| Thai Basil leaves, fresh (optional) | 1 hand full | |
| Mint leaves, fresh (optional) | 5g | |
| Oregano, semi dried or dried (or fresh if prefer) | 2g | |
| Rosemary, fresh (optional) | 2 pinches | |
| Garlic, Gourmet Gardens, Cold Blend Paste OR FRESH | 40g | |
| Cucumber | 2.5 medium, 275g | |
| Red Chilli, Fresh or pre-dried (Gourmet Gardens) | 3 small (15g) | |
| Cherry Tomatoes (or use common) | 135g | |
| Mushrooms (mix of button and Large size) | 330g | |
| Ice berg or Romaine lettuce | 50g | |
| Tomato | 2 medium, 80g | |
| Red Onion | 45g | |
| Carrot | 420g | |
| Brown onion | 350g | |
| Capsicum, Red or Yellow | 120g | |
| Sweet Potato – Purple, Hawaiian or Orange | F: 290g M: 330g | |
| Pumpkin, any | 150g | |
| Broccolini | 70g | |
| Green beans | 70g | |
| Cauliflower | 150g | |
| Zucchini | 140g | |
| Eggplant | 150g | |
| Baby Spinach | 85g | |
| Kale, Fresh | 440g | |
| Olives, Kalamata, pitted (optional) | 75g | |
| Stir fry mix, pre-packaged, fresh (or use a combination of easy to stir fry vegetables) | 200g | |

Pantry/other:

| Ingredients: | Amount to buy: | Tick: |
|---|--|-------|
| Whole Grain Oats or 'Five Grain Porridge (Macro) or Similar | F: 140g M: 175g | |
| Buckwheat Groats | F: 150g M: 200g | |
| Wholemeal Penne Pasta, (cooked weight), or Gluten Free alternative. | F: 150g M: 200g | |
| Wholegrain bread, Burgen, 'Soy and linseed' <i>For those with diagnosed coeliac disease, opt for a Gluten free bread such Helga's 'Sunflower and Red Quinoa' or 'Soy and Linseed'.</i> | 2 slices | |
| Chia seeds (black, white or mixed) | 15g | |
| Toasted coconut flakes (optional) | 20g | |
| Pistachio nuts or other (optional) | 15g | |
| Multi Grain Corn Thins | 2 (12g) | |
| Tikka Masala Paste (Sharwood's or Patak's or similar) | 4 tsp. | |
| Light and Creamy Coconut Flavoured Evaporated milk (Nestle Carnation), canned | 100ml | |
| Nut meg, spice | 5g | |
| Burrito Spice Mix, Mild, Old El Paso (or just use Mexican spices) | 2 tsp. 10g | |
| Oyster Sauce, (vegan available or choose similar) | 20g | |
| BBQ marinade, bottled, Masterfoods Smokey BBQ, or similar | 20g | |
| Worcestershire Sauce, bottled | 50ml | |
| Red Kidney Beans, canned, drained | F: 300g M: 360g | |
| Lentils, brown, canned, drained | F: 300g M: 440g | |
| Pepper | Optional | |
| Salt | Optional to season (minimal amounts) | |
| Diced/crushed Tomatoes, canned | F: 200g M: 240g | |
| Tomato Paste | F: 60g M: 100g | |
| Italian passata (pasta sauce) | 240g | |
| Vegetable stock, salt reduced | 250ml | |
| Chickpeas, canned and drained | F: M: | |
| Quinoa, precooked microwave packs/cups (recommended), or buy raw and cook. | F: 220g M: 300g | |
| Black rice, precooked, microwave Pouches (Coles or similar) | F: 290g M: 360g | |
| Wholegrain Barley Wraps (Freedom, or 'Be Free' Gluten Free alternative | F: 3 M: 3.5 | |
| Extra virgin Olive Oil, Bottle | Buy a small bottle, you will use minimal amounts | |
| Honey | 2 tsp. | |

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| Vanilla Bean Extract (Queen) | 1 cap full | |
| Cinnamon spice | 15g | |
| Baking Powder | 1 tsp. | |
| Balsamic glaze | 10g | |
| Chai Tea, bags | 1 | |
| Jarrah, 99% fat free hot chocolate powder (not sachet) | 2 tsp. | |
| Matcha Green Tea Powder | 2 tsp. | |
| Ice | 2 cups | |

Dairy:

| Ingredients: | Amount to buy: | Tick: |
|--|--|-------|
| Reduced fat or Skim Milk | F: 825ml M: 905ml | |
| Vitasoy Coconut Milk or Almond Milk Beverage, unsweetened (or similar calcium fortified product with at least 120mg/100ml). Or just use Cow's Milk | For dairy free option see above | |
| 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: F: 390g M: 440g Small 170g tubs: 3 | |
| Ricotta Cheese, light and smooth | F:160g M: 160g | |
| Reduced Fat Cottage Cheese Or Lactose free version. | 180g | |
| Bocconcini | 40g | |
| Feta cheese, reduced fat | F:15g M: 15g | |
| Extra Light tasty or Mozzarella cheese (optional) | 10g | |
| Tzatziki, low fat (Black Swan, Skinny) | 50g | |
| Sour Cream, extra light | 45g | |
| Skinny Latte or tea made with milk (purchased at cafe or made from home) | Optional for snacks | |