

BFT Week 7 and 8 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 8.*** 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 6. 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 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: 300g M: 385g | |
| Flathead Fish, or similar | F:150g M: 200g | |
| Swordfish, or similar | F: 150g M:200g | |
| Beef, Lean, Blade or Eye Fillet, or similar, diced | F: 100g M: 120g | |
| Lamb Backstrap or similar lean cut | F: 200g M: 260g | |
| Eggs | F:4 M:4 | |
| Tofu, Firm/Hard | F: 100g M:125g | |

Fruit:

| Ingredients: | Amount to buy: | Tick: |
|--|----------------|-------|
| Mango Fresh, or Frozen | 50g | |
| Cherries, fresh or frozen | 70g | |
| Mixed berries, Fresh or Frozen | 100g | |
| Blueberries, Fresh or Frozen | 240g | |
| Raspberries, Fresh or Frozen | 100g | |
| Strawberries, fresh | 220g | |
| Pineapple, tinned or fresh | 50g | |
| Banana | 235g | |
| Fresh lemons or lemon juice in bottle (preferred) | 110ml/g | |
| Lime, fresh or bottled (or just use lemon juice) | 20ml/g | |
| Favourite fruit for snacks (choose your favourite) | 6 serves | |

Vegetables:

| Ingredients: | Amount to Buy: | Tick: |
|---|-----------------|-------|
| Thai Basil leaves, fresh (optional) | 4 pinches | |
| Parsley, fresh (optional) | 7-8 pinches | |
| Chives, fresh, (optional) | 2g | |
| Oregano, semi dried or dried (or fresh if prefer) | 5g | |
| Garlic, Gourmet Gardens, Cold Blend Paste OR FRESH | 55g | |
| Ginger, Gourmet Gardens, Cold Blend Paste OR FRESH | 10g | |
| Cucumber | 320g | |
| Red Chilli, Fresh or pre-dried (Gourmet Gardens) | 1 small/ 1 tsp. | |
| Mushrooms (mix of button and Large size) | 380g | |
| Red/Purple Cabbage | 100g | |
| Tomato, common | 140g | |
| Cherry tomatoes (or buy common) | 295g | |
| Red Onion | 180g | |
| Spring Onion | 50g | |
| Carrot | 200g | |
| Brown onion | 220g | |
| Capsicum, Red or Yellow | 310g | |
| Sweet Potato – Purple, Hawaiian or Orange | F: 140g M: 200g | |
| Pumpkin, any | 155g | |
| Green beans | 270g | |
| Snow Peas | 100g | |
| Bean Sprouts | 100g | |
| Cauliflower | 80g | |
| Zucchini | 180g | |
| Eggplant | 260g | |
| Baby Spinach | 360g | |
| Rocket, Salad (or buy extra Spinach) | 80g | |
| Lettuce leaves, Large (Iceberg or Cos) | 30g (3-4) | |
| Green peas, Fresh or Frozen | 180g | |
| Corn, Fresh, Frozen or Canned | 130g | |

Pantry/other:

| Ingredients: | Amount to buy: | Tick: |
|---|--------------------------------------|-------|
| Whole Grain Oats or 'Five Grain Porridge (Macro) or Similar | F: 260g M: 325g | |
| Wholemeal Penne Pasta, (cooked weight), or Gluten Free alternative. | F: 330g M:440g | |
| Wholemeal flour | 30g | |
| 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> | F: 2.5 M: 3 slices | |
| Toasted coconut flakes (optional) | 10g | |
| Pistachio nuts or other (optional) | 10g | |
| Multi Grain Corn Thins | 4 slices | |
| Light and Creamy Coconut Flavoured Evaporated milk (Nestle Carnation), canned | 60ml | |
| Creamy Mushroom Soup (Cambells, or similar), canned or in carton | 60g | |
| Turmeric, Ground Powder | 2g | |
| Moroccan Seasoning | 3g | |
| LSA (ground linseed, Sunflower and Almond) or crushed nuts. (optional) | 2 tsp. | |
| Goji Berries, Dried (optional) | 2 tsp. | |
| Pomegranate Seeds, freeze dried (optional) | 2 tbs. | |
| Paprika, Spice | 6g | |
| Green Curry Paste (jar) | 10g | |
| Pad Thai Paste, Valcom Authentic Thai or similar (jar) | 15g | |
| Tandoori Paste, Pakak's or similar (jar) | 15g | |
| 4 Bean Mix, Drained | F: 100g M:125g | |
| Chickpeas, canned, drained | F: 50g M:60g | |
| Pepper | Optional | |
| Salt | Optional to season (minimal amounts) | |
| Diced/crushed Tomatoes, canned | F: 500g M: 520g | |
| Tomato Paste | F: 60g M: 70g | |
| Salmon, Tinned, In Spring Water | F: 190g M: 220g | |
| Tuna, Tinned, In Spring Water | F: 180g M: 220g | |
| Quinoa, precooked microwave packs/cups (recommended), or buy raw and cook. | F:235g M: 310g | |
| Brown rice, precooked microwave packs/cups (recommended), or buy raw and cook. | F: 150g M: 200g | |

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|---|--|--|
| Black rice, precooked, microwave Pouches (Coles or similar) | F:70g M:100g | |
| Wholegrain Barley Wraps (Freedom, or 'Be Free' Gluten Free alternative) | F: 2 M: 2 | |
| Extra Virgin Olive Oil, Bottle or Spray | Buy a small bottle, you will use minimal amounts | |
| Honey | 3 tsp. | |
| Vanilla Bean Extract (Queen) | 8g | |
| Cinnamon spice | 4g | |
| Baking Powder | 1 tsp. | |
| Balsamic glaze | 20g | |
| Tomato Relish (optional) | 50g | |
| Jarrah, 99% fat free hot chocolate powder (not sachet) | 1 tsp. | |
| Matcha Green Tea Powder | 3g | |
| Ice | 1-2 cups | |

Dairy:

| Ingredients: | Amount to buy: | Tick: |
|--|--|-------|
| Reduced fat or Skim Milk | F: 665ml M: 710ml | |
| 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: 250g M: 260g Small 170g tubs: 3 | |
| Ricotta Cheese, light and smooth | F: 206g M: 270g | |
| Reduced Fat Cottage Cheese Or Lactose free version. | F: 160g M: 160g | |
| Feta cheese, reduced fat | F:70g M: 90g | |
| Beetroot Tzatziki Dip, low fat (Black Swan, Skinny) | 120g | |
| Skinny Latte or tea made with milk (purchased at cafe or made from home) | Optional for snacks | |