

## 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 week only. ***This means you will do this again for week 8.*** 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: 200g M: 250g	
Turkey Breast, minced	F: 100g M: 120g	
Lean Beef Mince	F: 100g M:150g	
Lamb backstrap, or other lean cut	F: 200g M:260g	
Rockling fillet (fish) or similar	F: 120g M: 160g	
Swordfish fillet, or similar	F: 150g M:175g	
King prawns	F: 5/100g M: 6/120g	
Eggs	F: 5 M:5	
Firm/Hard Tofu	F: 200g M:250g	

### **Fruit:**

Ingredients:	Amount to buy:	Tick:
Mango Fresh, or Frozen	60g	
Blueberries, Fresh or Frozen	140g	
Mixed berries, fresh or frozen	100g	
Grapes	140g	
Watermelon	220g	
Banana	3 medium	
Fresh lemon/lime or lemon/lime juice in bottle (preferred)	180ml	
Favourite fruit for snacks	7 serves	

Avocado	50g	
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**Vegetables:**

Ingredients:	Amount to Buy:	Tick:
Thai Basil leaves, fresh (optional)	2 handful	
Mint, fresh (optional)	1 handful	
Spring onion (optional)	175g	
Oregano, dried	5g	
Garlic, Gourmet Gardens, Cold Blend Paste OR FRESH	40g	
Ginger, Gourmet Gardens, Cold Blend Paste OR FRESH	5g	
Red Chilli, Fresh or pre-dried (Gourmet Gardens)	3 small (or dried fakes) *optional	
Mushrooms (mix of button and Large size)	220g	
Enoki Mushrooms (or common)	140g	
Tomato, common	6 medium sized	
Tomato, cherry (or common)	270g	
Red Onion	40g	
Brown onion	140g	
Spring onion	80g	
Cucumber	295g	
Capsicum, yellow, red and green	275g	
Sweet Potato – Purple, Hawaiian or Orange	F: 220g M: 290g	
Pumpkin, any	75g	
Broccoli	75g	
Cauliflower	75g	
Asparagus	75g	
Green beans	120g	
Baby Spinach	200g	
Zucchini	18-g	
Cos or ice berg lettuce (large cups)	4 large cups	
Bean sprouts	200g	
Snow peas	300g	
Coleslaw raw vegetable mix (or own mix)	150g	
Green peas, fresh or frozen	70g	
Corn, fresh, frozen or canned	210g	

**Pantry/other:**

Ingredients:	Amount to buy:	Tick:
Whole Grain Oats or 'Five Grain Porridge (Macro) or Similar	F: 230g M: 290g	
Wholegrain Bread (Burgen or similar)	F: 4 M: 8	
Wholegrain Barley Wrap, Freedom (or similar)	2	
Chia seeds	20g	
Goji Berries, dried	15g	
Pistachio nuts, or similar	20g	
Light and Creamy Coconut Flavoured Evaporated milk (nestle Carnation), tinned	120ml	
Paprika	2g	
Mexican spice mix (or just use paprika)	2g	
Keens curry powder	5g	
Tikka Masala Paste (Sharwood's or Patak's or similar)	15g	
Pad Thai paste, Valcom Authentic, or similar	30g	
Green Curry Paste	10g	
Fish Sauce (optional)	10g	
Soy sauce	5g	
Mayonnaise, low fat	15g	
Mustard	5g	
4 Bean Mix – recommend small tins (125g/90g <b>when drained</b> )	F: 75g M: 110g	
Diced/crushed Tomatoes, canned	200g	
Tomato Paste/pizza sauce	45g	
Balsamic Glaze	30g	
Red split lentils, dry weight	F: 55g M: 75g	
Brown Rice, Cooked, precooked cups/pouches	F: 140g M: 180g	
Barley, cooked	F: M:	
Quinoa, cooked, precooked cups/pouches	F: 150g M:200g	
Black rice, cooked, microwave pouches (coles)	F:80g M:100g	
Freekah, cooked weight (or other grain)	F: 90g M:120g	
Extra virgin Olive Oil, Bottle	Buy 1 small bottle	
Honey or Agave	20g	
Cinnamon spice	5g	
Nut meg	2g	
Matcha Green Tea Powder	10g	
Chai tea bag or loose leaf serves	1 serve	
Popsicle trays and sticks	1 tray	
Ice	1 -2 cups	

**Dairy:**

Ingredients:	Amount to buy:	Tick:
Reduced fat or Skim Milk	F: 1220ml M: 1240ml	
Chobani No Fat Greek Yoghurt, 1 Large Tub + small (170g) Tubs <b>Or Lactose Free or Dairy Alternative (Liddell's and Black Swan = LF, Soy Life Yogurt = DF)</b>	Large – 820g Small 170g tubs: 1 (or from large)	
Bocconcini	120g	
Feta cheese, reduced fat	F: 70g M: 100g	
Tasty/Mozzarella cheese, reduce fat	35g	
Sour Cream, extra light (optional)	20g	
Skinny Latte or tea made with milk (purchased at cafe or made from home)	Optional for snacks	