

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 week only. ***This means you will do this again for week 6.*** 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: 325g M: 390g	
Turkey Breast, minced	F: 200g M:300g	
Beef, eye fillet or other lean cut	F: 150g M: 200g	
Lean Beef Mince	F: 75g M: 100g	
Barramundi Fillet (fish) or similar	F: 200g M: 220g	
Calamari, sliced/rings	F: 150g M: 200g	
Eggs	F: 5 M: 5	

Fruit:

Ingredients:	Amount to buy:	Tick:
Mango Fresh, or Frozen	75g	
Raspberries	160g	
Blueberries, Fresh or Frozen	135g	
Strawberries (or any other berry)	160g	
Apple	1	
Orange	1	
Banana	2.5 medium	
Fresh lemon/lime or lemon/lime juice in bottle (preferred)	50ml	
Favourite fruit for snacks	6 serves	
Olives, kalamata, pitted	25g	

Vegetables:

Ingredients:	Amount to Buy:	Tick:
Thai Basil leaves, fresh (optional)	1 small bunch	
Mint, fresh (optional)	5g	
Garlic, Gourmet Gardens, Cold Blend Paste OR FRESH	55g	
Ginger, Gourmet Gardens, Cold Blend Paste OR FRESH	5g	
Red Chilli, Fresh or pre-dried (Gourmet Gardens)	4 small chillies	
Mushrooms (mix of button and Large size)	295g	
Tomato, common	80g	
Tomato, cherry (or common)	40g	
Red Onion	55g	
Brown onion	230g	
Spring onion	50g	
Cucumber	1.5 medium	
Carrot	140g	
Capsicum, red and green	265g	
Sweet Potato – Purple, Hawaiian or Orange	F: 70g M:80g	
Pumpkin, any	385g	
Broccolini	70g	
Cauliflower	165g	
Green beans	70g	
Eggplant	385g	
Corn (fresh, frozen or canned)	120g	
Baby Spinach	170g	
Cos or ice berg lettuce (large cups)	10 large cups, 60g + 50g (chopped)	
Coleslaw raw vegetable mix (or own mix)	300g	
Green peas, fresh or frozen	100g	
Corn, fresh, frozen or canned	150g	
Raw vegetables of choice for dipping snack (e.g. carrot, celery, cucumber, cherry tomatoes)	400g	

Pantry/other:

Ingredients:	Amount to buy:	Tick:
Whole Grain Oats or 'Five Grain Porridge (Macro) or Similar	F: 190g M: 245g	
Wholegrain Bread (Burgen or similar)	F: 2 M: 3	
Mountain Bread wraps, Rye or other	F: 3 M: 5	
Cranberries, dried	20g	
Pomegranate seeds, dried, (optional)	15g	
Pinenuts	20g	
Light and Creamy Coconut Flavoured Evaporated milk (nestle Carnation), tinned	F: 70ml M: 90ml	
Paprika	Buy 1 small container	
Mexican spice mix (or just use paprika)	5g	
Nutmeg	Buy 1 small container	
Smokey BBQ marinade, Masterfoods or similar	20g	
Tikka Masala Paste (Sharwood's or Patak's or similar)	15g	
Teriyaki sauce/marinade	20g	
Mayonnaise, low fat	40g	
Mustard	10g	
4 Bean Mix – recommend small tins (125g/90g when drained)	F: 200g M: 250g	
Diced/crushed Tomatoes, canned	F: 800g, M: 840g	
Tomato Paste/pizza sauce	160g	
Balsamic Glaze	10g	
Chickpeas, canned, drained	F: 80g M: 100g	
Black beans, canned	50g	
Tuna in spring water, canned, drained	180g	
Wholemeal penne pasta, cooked weight (or other wholemeal pasta)	F: 140g M: 200g	
Brown Rice, Cooked, precooked cups/pouches	F: 140g M: 200g	
Barley, cooked	F: 250g M: 460g	
Quinoa, cooked, precooked cups/pouches	F: 220g M: 200g	
Black rice, cooked, microwave pouches (coles)	F: 210g M: 295g	
Extra virgin Olive Oil, Bottle	Buy 1 small bottle	
Honey or Agave	Buy 1 small container	
Cinnamon spice	Buy 1 small container	
Vanilla Bean Extract, Queen, or similar	20g	
Baking Powder	5g	
Matcha Green Tea Powder	1 tsp.	
Chai tea bag or loose leaf serves	2	
Popsicle trays and sticks	1 tray	

Dairy:

Ingredients:	Amount to buy:	Tick:
Reduced fat or Skim Milk	F:470ml M: 535ml	
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 – 620g	
Bocconcini	40g	
Ricotta Cheese, light and smooth	F: 115g M: 135g	
Cottage cheese, reduced fat	100g	
Feta cheese, reduced fat	40g	
Tzatziki, low fat	50g	
Beetroot Tzatziki Dip (or plain tzatziki)	120g	
Sour Cream, extra light (optional)	10g	
Skinny Latte or tea made with milk (purchased at cafe or made from home)	Optional for snacks	