

# Shopping List

Once you've completed your weekly meal plan, write your shopping list straight away. Write down every single ingredient and then cross-reference with your fridge and pantry so you only buy what you need.

Fruit and Vegetables	Pantry Items	Perishable Items
baby rocket x1 pack	roast capsicum in oil - x1 jar	skinless chicken thigh fillets x4
lemon x2	wholegrain mustard	natural/greek yoghurt x180g
large red chilli x2	high fibre/wholemeal pasta x200g	feta cheese x80g
garlic x6 cloves	extra-virgin olive oil	skinless chicken breasts x600g
red onion x2	peanut oil	salmon steaks x4 @ 120g each
cherry tomatoes x2 punnets	soy sauce	lean beef steaks x4 @ 150g each
baby spinach x 1 large pack	chinese rice wine	
avocado	sesame seeds	
red capsicum x2	basmati rice x1 cup	
yellow capsicum x1	sesame oil	
carrot x2	wholewheat couscous	
sugar snap peas x1 cup	chicken stock	
ginger x small chunk		
lime x1		
baby bok choy x3		
chinese broccoli x1 bunch		
cucumber x1		
tomato x1		