



# SHOPPING LIST

MENU 25 - 10<sup>TH</sup> SEPTEMBER 2018

ALMOND COATED FISH | CHARGRILLED CHICKEN SANDWICHES | TOMATO & BACON PASTA

## FRESH PRODUCE

- Baby rocket (120g / 4.2oz)
- Alfalfa sprouts (100g / 3.5oz)
- Fresh basil (handful)  
*optional*
- Lemons (2)
- Avocados (2)
- Red capsicum (1)
- Green beans (250g / 8.8oz)
- Courgettes (2)
- Carrots (3 large)
- Parsnips (2 large)
- Red kumara (1 large)
- Brown onion (1)
- Garlic (2 cloves)

## MEAT / FISH

- White fish fillets<sup>1</sup> (500g / 1lb 2oz)
- Chicken tenderloins (600g / 1lb 5oz)
- Bacon<sup>GF, 2</sup> (250g / 8.8oz)

## CHILLED / FROZEN

- Plain, unsweetened yoghurt (160ml / 5.4 fl.oz)
- Mozzarella, fresh (125g / 4.4oz)
- Parmesan (30g / 1.1oz)

- Turkish focaccia bread<sup>GF</sup> (garlic flavoured is nice) (365g / 13oz)

## GENERAL GROCERY

- Sundried tomato pesto<sup>GF, 3</sup> (75g / 2.6oz)
- Almond meal (175g / 6.2oz)
- Canned basil flavoured tomatoes (2 x 400g cans / 2 x 14oz)
- Wholemeal penne pasta<sup>GF, 4</sup> (300g / 10.6oz)

## PANTRY STAPLES

- \* Egg (1)
- \* Olive oil (60ml)
- \* Butter (55g / 1.9oz)
- \* Cooking oil spray (small quantity)
- \* Balsamic vinegar (2 ½ Tbsp)
- \* Aioli<sup>GF</sup> (75ml / 2.5 fl.oz)
- \* Runny honey (1 Tbsp)
- \* Dijon mustard (1 tsp)
- \* Brown sugar (4 tsp)
- \* Garlic powder (2 ½ tsp)
- \* Mustard powder (1 tsp)
- \* Dried oregano (2 tsp)
- \* Dried thyme (½ tsp)
- \* Salt and pepper

## NOTES

- <sup>1</sup> If you don't like fish, chicken tenderloins are a good alternative.
- <sup>2</sup> Chorizo or cheese kransky sausages can be used instead of bacon.
- <sup>3</sup> If you don't like or can't find sundried tomato pesto, use basil pesto instead.
- <sup>4</sup> You can swap wholemeal pasta for your favourite type of pasta.
- <sup>GF</sup> **Gluten-free swaps:** Ensure bacon is gluten-free. Swap Turkish bread for your favourite gluten-free bread, wraps or burger buns. Make sure pesto and aioli are gluten-free. Use gluten-free pasta.