



SHOPPING LIST

MENU 49 - 4TH MARCH 2019

JUICY PORK CHOPS | CHICKEN & BACON PANCAKE STACKS | CRISPY TOFU SALADS

FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Fresh coriander (large handful) *optional*
- Lemon¹ (1 small)
- Tomatoes (2 large)
- Red capsicum (1)
- Green beans (250g / 8.8oz)
- Broccoli (1)
- Carrot (1 large)
- Small red cabbage (1/2)
- Potatoes (850g / 1lb 14oz)
- Red onion (1)
- Brown onions (2)
- Garlic (2 cloves)

MEAT / FISH

- Chicken tenderloins² (400g / 14oz)
- Pork leg steaks³ (600g / 1lb 5oz)
- Bacon^{GF}, any type (250g / 8.8oz)

CHILLED / FROZEN

- Firm tofu⁴ (450g / 1lb)
- Ricotta cheese (200g / 7oz)
- Cheddar cheese (125g / 4.4oz)
- Feta cheese (75g / 2.6oz)

GENERAL GROCERY

- Lite coconut milk (400ml can / 14 fl.oz)
- Creamed corn (400g can / 14oz)
- Brown rice (150g / 5.3oz)
- Brown rice flour⁵ (60g / 2.1oz)
- Almond butter⁶ (1/4 cup)
- Roasted almonds (1/4 cup)

PANTRY STAPLES

- * Eggs (2)
- * Butter (3 Tbsp)
- * Olive oil (3 Tbsp)
- * Apple cider vinegar (1 1/2 Tbsp)
- * Tomato sauce / ketchup^{GF} (3 1/2 Tbsp)
- * Soy sauce^{GF} (4 Tbsp)
- * Worcestershire sauce^{GF} (1 Tbsp)
- * Honey (1 Tbsp)
- * Brown sugar (50g / 1.8oz)
- * Plain flour^{GF} (95g / 3.4oz)
- * Cornflour^{GF} (1 Tbsp)
- * Baking powder^{GF} (1 tsp)
- * Baking soda (1/2 tsp)
- * Chicken stock powder^{GF} (1 1/2 tsp)
- * Vegetable stock powder^{GF} (2 tsp)
- * Dried rosemary (1 tsp)
- * Salt and pepper

NOTES

¹ Or 1 1/2 Tbsp pre-squeezed lemon juice.

² & ³ Boneless skinless chicken thighs are a good alternative.

⁴ Unfortunately usually only available in 300g (10.6oz) blocks. Buy two blocks for a more substantial meal, or one for a light meal. If you don't like tofu, replace with boneless, skinless chicken thighs.

⁵ Can be replaced with wholemeal flour or plain flour.

⁶ Peanut butter is a good alternative.

^{GF} **Gluten-free swaps:** Ensure bacon is gluten-free. Use gluten-free tomato sauce, soy sauce, Worcestershire sauce, flour, cornflour, baking powder and stock powders.