



# SHOPPING LIST

MENU 91 - 3<sup>RD</sup> FEBRUARY 2020

WATERMELON SALAD | BREAKFAST PIZZAS | SUPER GREEN PESTO PASTA

## FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Baby kale<sup>1</sup> (100g / 3.5oz)
- Mint leaves (heaped 1/3 cup)
- Basil leaves (1 large handful)  
*optional*
- Watermelon (1/4 large)
- Avocado (1)
- Lebanese cucumber (1)
- Green capsicum (1 large)
- Zucchini (2 large)
- New (baby) potatoes (700g / 1lb 9oz)
- Red onion (1 small)

## MEAT / FISH

- Chicken tenderloins (600g / 1lb 5oz)
- Cooked bacon pieces<sup>2, GF</sup> (200g / 7oz)

## CHILLED / FROZEN

- Plain, unsweetened yoghurt (80ml / 2.7 fl.oz)
- Colby cheese (150g / 5.3oz)
- Feta cheese (100g / 3.5oz)
- Parmesan cheese (45g / 1.6oz)
- Basil pesto<sup>GF</sup> (100g / 3.5oz)

- Spinach and cheese tortellini<sup>3, GF</sup> (600g / 1lb 5oz)
- Pizza bases<sup>GF</sup> (2 large / 300g / 10.6oz)
- Hash browns<sup>GF</sup> (4 large / 300g / 10.6oz)

## GENERAL GROCERY

- Eggs (6)
- Lime juice (1 Tbsp)
- Tomato relish<sup>GF</sup> (2 Tbsp)
- Pizza paste<sup>4, GF</sup> (2 Tbsp)

## PANTRY STAPLES

- \* Olive oil (3 1/2 Tbsp)
- \* Aioli<sup>GF</sup> (6 Tbsp)
- \* Honey (2 tsp)
- \* Moroccan seasoning (2 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Baby kale can be swapped for baby spinach or baby rocket.

<sup>2</sup> If you can't find pre-cooked bacon pieces, choose regular bacon.

<sup>3</sup> Can be swapped for ravioli. Use a different flavour if you prefer.

<sup>4</sup> I used pizza paste sachets (1 sachet = 2 tablespoons).

<sup>GF</sup> **Gluten-free swaps:** Make sure bacon and pesto are gluten-free. If you can't find gluten-free tortellini, use 300g / 10.6oz of your favourite dried gluten-free pasta instead. Choose gluten-free pizza bases and hash browns. Make sure relish, pizza paste and aioli are gluten-free.