



GENERAL SHOPPING LIST

PROTEIN:

- Red meat
- Steak
- Biltong
- Lean mince
- Lamb / Mutton
- Fish
- Hake
- Haddock
- Tuna
- _____
- _____
- Poultry
- Chicken breast
- Drumsticks, thighs
- _____
- _____
- Sausages
- Cold meat
- Eggs
- Peanut butter
- Cottage cheese
- Cheese (cheddar, mozzarella, gouda)
- Legumes
- Beans
- Chickpeas
- _____
- _____

FATS:

- Avocado
- Mayonnaise
- Nuts
- Olives
- Oil (olive, canola)
- _____
- _____
- _____

STARCHY VEGETABLES:

- Potatoes
- Sweet potato
- Corn, mealies
- _____
- _____
- _____

NONSTARCHY VEGETABLES:

Buy what is in season and available

- Beet
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Cucumber
- Egg plant
- Green beans
- Mixed vegetables
- Mushrooms
- Onions
- Peppers (all varieties)
- Salad greens (lettuce, romaine)
- Spinach
- Tomatoes
- Turnips
- Water chestnuts
- Zucchini
- _____
- _____
- _____

HERBS AND SPICES:

- Italian herbs
- Thyme
- Rosemary
- Oregano
- Paprika
- _____
- _____
- _____

CEREALS AND GRAINS:

- Oats
- Weetbix
- Allbran, Hi Fibre bran
- Bulgur
- Cous-cous or quinoa
- Rice, brown
- Pastas, wholewheat
- _____
- _____
- _____
- _____
- _____

FRUIT:

Buy what is in season and available

- Apple
- Applesauce, unsweetened
- Apricot
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Dates
- Figs
- Grapefruit
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- _____
- _____

DAIRY / MILK:

- Milk
- Yoghurt, unsweetened
- _____
- _____

BREADS AND CRACKERS:

- Bread (whole wheat)
- Pita
- Wraps
- Provitas / Crackers
- Popcorn
- _____
- _____
- _____
- _____