

Shopping List

Saturday 24 October 2026 | Family-friendly | Serves 2 for the whole day

Breakfast: Oat and Apple Pikelets with Yoghurt and Berries
Lunch: Chicken, Hummus and Garden Salad Wraps
Dinner: Family Beef and Lentil Bolognese with Wholemeal Spaghetti

Fruit & Vegetables

- ☐ apple - 1
- ☐ mixed berries, fresh or frozen - 150 g
- ☐ Lebanese cucumber - 1
- ☐ baby spinach - 120 g bag
- ☐ carrots - 2
- ☐ red capsicum - 1
- ☐ lemon - 1
- ☐ onion - 1
- ☐ garlic - 1 bulb
- ☐ zucchini - 1
- ☐ fresh basil - 1 small bunch

Meat & Seafood

- ☐ cooked chicken breast - 250 g
- ☐ lean beef mince - 150 g

Dairy & Eggs

- ☐ eggs - 1 (from a dozen)
- ☐ unsweetened milk - 1 small carton
- ☐ natural unsweetened Greek yoghurt - 200 g tub
- ☐ parmesan cheese - 20 g (from a block)

Bakery

- ☐ wholegrain wraps - 2

Pantry

- ☐ traditional rolled oats - 90 g
- ☐ wholemeal self-raising flour - 75 g
- ☐ hummus - 80 g
- ☐ tinned brown lentils - 400 g tin
- ☐ crushed tomatoes - 400 g tin
- ☐ tomato paste - 1 small tube

☐ wholemeal spaghetti - 100 g

Pantry staples (check you have)

☐ olive oil

☐ olive oil spray

☐ ground cinnamon

☐ black pepper

☐ salt

Low GI shopping tips

- Check wrap labels for 'wholegrain' or 'high fibre' varieties with at least 6 g fibre per 100 g.
- Buy tinned lentils and tomatoes with no added salt or sugar for the lowest GI option.
- Frozen berries are a budget-friendly, low GI option when fresh is out of season.