

Shopping List

Saturday 24 October 2026 | Italian al dente pasta | Serves 2 for the whole day

Breakfast: Ricotta, Strawberry and Walnut Sourdough Toast
Lunch: Italian White Bean and Tuna Pasta Salad
Dinner: Al Dente Penne with Chicken, Asparagus and Peas

Fruit & Vegetables

- ☐ strawberries - 150 g
- ☐ cherry tomatoes - 150 g
- ☐ baby rocket - 50 g bag
- ☐ red onion - 1
- ☐ Lebanese cucumber - 1
- ☐ lemons - 2
- ☐ fresh basil - 1 small bunch
- ☐ fresh mint - 1 small bunch
- ☐ asparagus - 1 bunch (150 g)
- ☐ garlic - 1 bulb

Meat & Seafood

- ☐ chicken breast - 250 g

Dairy & Eggs

- ☐ fresh low-fat ricotta - 200 g tub
- ☐ parmesan cheese - 20 g (small block)

Bakery

- ☐ grainy sourdough bread - 280 g loaf

Pantry

- ☐ wholemeal fusilli pasta - 100 g
- ☐ wholemeal penne pasta - 140 g
- ☐ cannellini beans - 1 x 400 g can
- ☐ tuna in springwater - 1 x 185 g can
- ☐ walnuts - 30 g

Frozen

- ☐ frozen peas - 100 g

Pantry staples (check you have)

- ☐ extra virgin olive oil

- ☐ ground cinnamon
- ☐ salt
- ☐ black pepper

Low GI shopping tips

- Choose pasta labelled 'low GI' or simply cook regular wholemeal pasta al dente, as firmer pasta has a lower GI than soft-cooked.
- Buy canned beans and tuna in springwater with no added salt or sugar for a convenient low GI protein boost.
- Pick ricotta and parmesan from the dairy aisle rather than pre-flavoured versions to keep added salt and sugar low.