

Shopping List

Saturday 24 October 2026 | Indian dal and spice | Serves 2 for the whole day

Breakfast: Spiced Besan Chilla with Spinach and Mint Raita
Lunch: Tandoori Chicken, Chickpea and Cucumber Salad
Dinner: Spiced Red Lentil Dal with Basmati Rice and Garlicky Spinach

Fruit & Vegetables

- ☐ brown onions - 2
- ☐ red onion - 1
- ☐ baby spinach - 300 g bag
- ☐ Lebanese cucumbers - 2
- ☐ tomatoes - 2
- ☐ cherry tomatoes - 1 punnet (250 g)
- ☐ red capsicum - 1
- ☐ mint - 1 bunch
- ☐ ginger - 1 small piece
- ☐ garlic - 1 bulb
- ☐ lemon - 1
- ☐ lime - 1
- ☐ green chilli - 1 (optional)

Meat & Seafood

- ☐ chicken breast - 250 g

Dairy & Eggs

- ☐ natural unsweetened yoghurt - 700 g tub
- ☐ milk - 250 ml

Bakery

- ☐ wholegrain or sourdough flatbreads - 2 small

Pantry

- ☐ besan (chickpea flour) - 120 g
- ☐ chickpeas, canned - 400 g
- ☐ red lentils (masoor dal) - 200 g
- ☐ basmati rice - 150 g
- ☐ cumin seeds - 1 small jar
- ☐ ground turmeric - 1 small jar
- ☐ ground coriander - 1 small jar

- ☐ garam masala - 1 small jar
- ☐ chilli powder - 1 small jar
- ☐ tandoori spice mix - 1 small jar
- ☐ black tea bags - 1 box
- ☐ cardamom pods - 1 small packet
- ☐ cinnamon stick - 1 small packet

Pantry staples (check you have)

- ☐ olive oil
- ☐ salt
- ☐ black pepper

Low GI shopping tips

- Choose plain, unsweetened natural yoghurt with no added sugar for all three meals.
- Check tandoori spice mix labels for added sugar or excess salt; a homemade blend of paprika, cumin, coriander and garam masala works just as well.
- Buy basmati or Doongara rice rather than jasmine rice, as they have a notably lower GI.