

Shopping List

Saturday 24 October 2026 | Middle Eastern legumes | Serves 2 for the whole day

Breakfast: Ful Medames with Soft Eggs and Tomato-Cucumber Salad
Lunch: Mújadara with Caramelised Onions and Herb Salad
Dinner: Moroccan Chicken and Chickpea Tagine with Quinoa

Fruit & Vegetables

- ☐ Lebanese cucumbers - 2
- ☐ tomatoes - 2
- ☐ brown onions - 3
- ☐ carrot - 1
- ☐ zucchini - 1
- ☐ green beans - 150 g
- ☐ garlic - 1 bulb
- ☐ lemons - 2
- ☐ fresh parsley - 1 bunch
- ☐ fresh mint - 1 bunch
- ☐ fresh coriander - 1 bunch
- ☐ dried apricots - 50 g

Meat & Seafood

- ☐ chicken thigh fillets - 300 g

Dairy & Eggs

- ☐ eggs - 2
- ☐ natural unsweetened yoghurt - 200 g

Bakery

- ☐ wholegrain pita bread - 2

Pantry

- ☐ tinned broad beans (fava beans) - 400 g
- ☐ tinned chickpeas - 400 g
- ☐ tinned diced tomatoes - 400 g
- ☐ brown lentils - 100 g
- ☐ basmati rice - 75 g
- ☐ quinoa - 150 g
- ☐ salt-reduced vegetable stock - 500 ml

Pantry staples (check you have)

- ☐ olive oil
- ☐ salt
- ☐ pepper
- ☐ ground cumin
- ☐ ground coriander
- ☐ ground cinnamon
- ☐ paprika

Low GI shopping tips

- Choose tinned legumes with no added salt where possible and rinse well to reduce sodium.
- Buy a small bag of basmati rice rather than jasmine - its lower GI makes it a better everyday choice.
- Fresh herbs can be bought as a bunch and split across both the breakfast and lunch recipes to avoid waste.