

Shopping List

Saturday 24 October 2026 | Mediterranean | Serves 2 for the whole day

Breakfast: Mediterranean Baked Eggs with Chickpeas and Spinach
Lunch: Greek-Style Barley, Chickpea and Fetta Salad
Dinner: Baked Lemon Salmon with Freekeh Tabbouleh

Fruit & Vegetables

- ☐ brown onion - 1 small
- ☐ garlic - 1 bulb
- ☐ red capsicum - 2
- ☐ baby spinach - 120 g bag
- ☐ Lebanese cucumber - 2
- ☐ cherry tomatoes - 200 g punnet
- ☐ tomatoes - 2
- ☐ red onion - 1
- ☐ parsley - 1 large bunch
- ☐ mint - 1 bunch
- ☐ zucchini - 1
- ☐ eggplant - 1
- ☐ lemons - 3
- ☐ lime - 1

Meat & Seafood

- ☐ salmon fillets, skinless - 2 x 150 g

Dairy & Eggs

- ☐ free-range eggs - 6 pack
- ☐ reduced-fat feta - 180 g tub

Bakery

- ☐ wholegrain sourdough bread - 1 loaf, sliced

Pantry

- ☐ chopped tomatoes, no added sugar - 400 g can
- ☐ chickpeas - 400 g can
- ☐ kalamata olives - 100 g jar
- ☐ pearl barley - 500 g packet
- ☐ cracked freekeh - 450 g packet

Pantry staples (check you have)

- ☐ olive oil
- ☐ sea salt
- ☐ black pepper
- ☐ dried oregano
- ☐ ground cumin
- ☐ smoked paprika

Low GI shopping tips

- Choose canned chickpeas and tomatoes labelled with no added sugar or salt for the lowest GI base.
- Buy larger packets of pearl barley and freekeh - they keep well in the pantry for future low GI meals.
- Pick firm, unwaxed lemons as you'll use the juice across all three meals today.