Shopping List

Sunday 25 October 2026 | 20-minute weeknight | Serves 2 for the whole day

Breakfast: Smashed Pea and Fetta Toast with Poached Eggs
Lunch: Smoky Butter Bean and Tuna Salad with Rocket
Dinner: Ginger Soy Chicken and Vegetable Stir-Fry with Brown Rice

Fruit & Vegetables

- [ ] mint - 1 small bunch
- [ ] lemons - 3
- [ ] cherry tomatoes - 150 g
- [ ] rocket - 60 g
- [ ] red onion - 1
- [ ] broccoli - 1 head (200 g)
- [ ] capsicum - 1
- [ ] snow peas - 100 g
- [ ] carrot - 1
- [ ] garlic - 1 bulb
- [ ] fresh ginger - 1 small piece

Meat & Seafood

- [ ] chicken breast - 300 g

Dairy & Eggs

- [ ] eggs - 4
- [ ] fetta - 60 g

Bakery

- [ ] wholegrain or grainy bread - 1 loaf
- [ ] small wholegrain bread rolls - 2

Pantry

- [ ] canned butter beans - 1 x 400 g can
- [ ] canned tuna in springwater - 1 x 185 g can
- [ ] brown rice - 150 g
- [ ] salt-reduced soy sauce - 1 small bottle
- [ ] sesame oil - 1 small bottle
- [ ] smoked paprika - 1 jar

Frozen

- [ ] frozen peas - 120 g

Pantry staples (check you have)

- [ ] olive oil
- [ ] black pepper
- [ ] salt

> Low GI shopping tips
> - Buy pre-cooked microwave brown rice if you're extra short on time; just check it's plain brown rice with no added salt.
> - Choose canned beans and tuna in springwater rather than oil or brine to keep saturated fat and sodium lower.
> - Pick up a bag of pre-trimmed snow peas and julienned carrot from the salad section to speed up tonight's stir-fry.