Shopping List

Monday 26 October 2026 | Japanese-inspired | Serves 2 for the whole day

Breakfast: Miso Mushroom Oats with Soft Egg and Spinach
Lunch: Soba Noodle Salad with Chicken, Edamame and Sesame-Ginger Dressing
Dinner: Miso-Glazed Salmon with Pearl Barley and Garlicky Greens

Fruit & Vegetables

- [ ] mixed mushrooms (shiitake and button) - 150 g
- [ ] baby spinach - 120 g bag
- [ ] spring onions - 1 bunch
- [ ] Lebanese cucumber - 1
- [ ] carrot - 1
- [ ] bok choy - 1 bunch (200 g)
- [ ] green beans - 100 g
- [ ] fresh ginger - 1 small knob
- [ ] garlic - 1 clove
- [ ] lemon - 1
- [ ] lime - 1

Meat & Seafood

- [ ] chicken breast - 200 g
- [ ] salmon fillets - 300 g (2 x 150 g)

Dairy & Eggs

- [ ] eggs - 2 (buy a dozen)

Pantry

- [ ] traditional rolled oats - 90 g (buy 500 g pack)
- [ ] dashi powder - 1 small sachet
- [ ] white miso paste - 1 tub
- [ ] soba (buckwheat) noodles - 100 g (buy 200 g pack)
- [ ] tamari (reduced-salt soy sauce) - 1 bottle
- [ ] rice vinegar - 1 bottle
- [ ] sesame oil - 1 bottle
- [ ] sesame seeds - 1 small packet
- [ ] pearl barley - 100 g (buy 500 g pack)
- [ ] green tea bags - 1 box

Frozen

- [ ] frozen edamame, shelled - 150 g

Pantry staples (check you have)

- [ ] black pepper
- [ ] olive oil spray

> Low GI shopping tips
> - Choose pearl barley over quick-cook or pre-steamed versions for a lower GI result.
> - Pick reduced-salt tamari or soy sauce to keep sodium down while still getting the umami flavour.
> - Buy soba noodles and barley in larger packs and freeze cooked portions for future low GI meals.