# Shopping List

Tuesday 27 October 2026 | Moroccan spiced | Serves 2 for the whole day

Breakfast: Moroccan Spiced Pearl Barley Porridge with Pear and Pistachio
Lunch: Moroccan Spiced Chicken and Bulgur Salad with Orange
Dinner: Moroccan Spiced Baked Fish with Chickpea Quinoa Pilaf

## Fruit & Vegetables

- [ ] oranges - 2
- [ ] pear - 1
- [ ] carrot - 1
- [ ] baby spinach - 120 g bag
- [ ] zucchini - 1
- [ ] red capsicum - 1
- [ ] garlic - 1 bulb
- [ ] fresh mint - 1 bunch
- [ ] fresh parsley - 1 bunch
- [ ] lemon - 1

## Meat & Seafood

- [ ] chicken breast fillets - 240 g
- [ ] barramundi fillets - 300 g

## Dairy & Eggs

- [ ] reduced-fat milk - 300 ml
- [ ] natural Greek yoghurt - 200 g tub

## Pantry

- [ ] pearl barley - 100 g
- [ ] bulgur wheat - 80 g
- [ ] quinoa - 150 g
- [ ] chickpeas - 1 x 400 g can
- [ ] pistachios - 50 g pack
- [ ] ras el hanout spice blend - 1 small jar
- [ ] preserved lemon - 1 small jar

## Pantry staples (check you have)

- [ ] olive oil
- [ ] ground cumin
- [ ] paprika

- [ ] ground cinnamon
- [ ] ground ginger
- [ ] salt
- [ ] pepper

> Low GI shopping tips
> - Buy a jar of ras el hanout to use across multiple Moroccan-style meals this week.
> - Choose pearl barley and bulgur over refined couscous for a lower GI grain base.
> - Pick firm, slightly underripe pears for the porridge so they hold their texture when diced.