Shopping List

Thursday 29 October 2026 | Mexican-inspired beans | Serves 2 for the whole day

Breakfast: Black Bean and Egg Breakfast Tostadas
Lunch: Mexican Black Bean and Quinoa Salad with Lime Chicken
Dinner: Smoky Turkey and Pinto Bean Chilli with Brown Rice

Fruit & Vegetables

- [ ] avocados - 2
- [ ] limes - 3
- [ ] cherry tomatoes - 300 g (2 punnets)
- [ ] red onion - 1
- [ ] brown onion - 1
- [ ] capsicum - 2
- [ ] zucchini - 1
- [ ] corn kernels (fresh or frozen) - 3/4 cup
- [ ] fresh coriander - 1 bunch
- [ ] garlic - 1 bulb

Meat & Seafood

- [ ] chicken breast - 150 g
- [ ] lean turkey mince - 250 g

Dairy & Eggs

- [ ] eggs - 4

Bakery

- [ ] small wholegrain corn tortillas (15 cm) - 1 packet

Pantry

- [ ] black beans, canned - 2 x 400 g cans
- [ ] pinto beans, canned - 1 x 400 g can
- [ ] diced tomatoes, no added salt - 1 x 400 g can
- [ ] quinoa - 1/2 cup
- [ ] brown rice - 3/4 cup
- [ ] ground cumin - 1 jar
- [ ] smoked paprika - 1 jar

Pantry staples (check you have)

- [ ] olive oil
- [ ] olive oil spray

- [ ] salt
- [ ] pepper
- [ ] chilli powder or flakes

> Low GI shopping tips
> - Choose canned beans labelled 'no added salt' and rinse well to reduce sodium.
> - Buy limes and avocados a few days ahead so they're perfectly ripe by cooking time.
> - Look for wholegrain or traditional corn tortillas rather than white flour tortillas for a lower GI option.