Shopping List

Friday 30 October 2026 | Heart-healthy | Serves 2 for the whole day

Breakfast: Apple Walnut Bircher Oats with Cinnamon Yoghurt
Lunch: Sardine, White Bean and Fennel Salad with Grainy Toast
Dinner: Baked Ocean Trout with Puy Lentils and Steamed Greens

Fruit & Vegetables

- [ ] apple - 1
- [ ] fennel bulb - 1 small
- [ ] rocket leaves - 60 g bag
- [ ] cherry tomatoes - 150 g punnet
- [ ] lemons - 3
- [ ] broccolini - 150 g bunch
- [ ] green beans - 100 g
- [ ] garlic - 1 bulb
- [ ] fresh parsley - 1 bunch

Meat & Seafood

- [ ] ocean trout fillets, skin on - 2 x 150 g

Dairy & Eggs

- [ ] unsweetened milk - 1 cup (250 ml)
- [ ] unsweetened natural yoghurt - 1 tub (approx. 200 g)

Bakery

- [ ] grainy sourdough bread - 2 slices (buy small loaf)

Pantry

- [ ] traditional rolled oats - 1 cup (90 g)
- [ ] walnuts - small bag
- [ ] chia seeds - small packet
- [ ] sardines in springwater - 2 x 110 g tins
- [ ] cannellini beans - 1 x 400 g tin
- [ ] puy or French-style lentils - 1 x 400 g tin

Pantry staples (check you have)

- [ ] extra virgin olive oil
- [ ] ground cinnamon
- [ ] black pepper

Low GI shopping tips
- Choose tinned sardines and lentils with no added salt or sugar where possible.
- Pick a dense, grainy or wholegrain sourdough rather than a white or light loaf for a lower GI result.
- Buy fish fresh on the day you plan to cook it, or use frozen fillets thawed overnight in the fridge.