Shopping List

Saturday 31 October 2026 | Air fryer quick | Serves 2 for the whole day

Breakfast: Air-Fryer Veggie & Fetta Egg Muffins with Grainy Toast
Lunch: Air-Fryer Falafel Pita Pockets with Minty Yoghurt
Dinner: Air-Fryer Lemon Herb Chicken with Sweet Potato Wedges

Fruit & Vegetables

- [ ] baby spinach - 120 g bag
- [ ] cherry tomatoes - 200 g punnet
- [ ] capsicum - 1
- [ ] spring onions - 1 bunch
- [ ] garlic - 1 bulb
- [ ] parsley - 1 small bunch
- [ ] mint - 1 small bunch
- [ ] lemons - 3
- [ ] Lebanese cucumber - 1
- [ ] tomato - 1
- [ ] sweet potato - 400 g
- [ ] green beans - 200 g
- [ ] rocket - 60 g bag

Meat & Seafood

- [ ] chicken breast - 300 g

Dairy & Eggs

- [ ] eggs - 6
- [ ] fetta - 100 g block
- [ ] Greek yoghurt, unsweetened - 200 g tub

Bakery

- [ ] wholegrain sourdough bread - 4 slices
- [ ] wholemeal pita breads - 2

Pantry

- [ ] canned chickpeas - 400 g can

Pantry staples (check you have)

- [ ] olive oil
- [ ] olive oil spray

- [ ] salt
- [ ] black pepper
- [ ] ground cumin
- [ ] ground coriander
- [ ] dried rosemary

> Low GI shopping tips
> - Buy sweet potato that's firm with smooth skin; it has a lower GI when not overripe or mashed too smooth.
> - Choose wholegrain or wholemeal bread and pita with at least 5 g fibre per 100 g for the lowest GI option.
> - Unsweetened Greek yoghurt works for both the mint sauce and as a quick snack later in the week.