Shopping List

Sunday 1 November 2026 | Lunchbox and on-the-go | Serves 2 for the whole day

Breakfast: Make-Ahead Chia, Oat and Raspberry Jars
Lunch: Smoky Black Bean, Corn and Capsicum Quinoa Lunchbox
Dinner: Chicken and Vegetable Minestrone with Cannellini Beans

Fruit & Vegetables

- [ ] raspberries - 1 cup (125 g)
- [ ] lemon - 1
- [ ] red capsicum - 1
- [ ] Lebanese cucumber - 1
- [ ] avocado - 1
- [ ] coriander - 1 small bunch
- [ ] lime - 2
- [ ] brown onion - 1
- [ ] garlic - 1 bulb
- [ ] carrot - 1
- [ ] celery - 1 stalk
- [ ] zucchini - 1
- [ ] parsley - 1 small bunch

Meat & Seafood

- [ ] chicken breast - 200 g

Dairy & Eggs

- [ ] unsweetened milk - 1 cup (250 ml)
- [ ] natural unsweetened yoghurt - 1/2 cup (140 g)

Pantry

- [ ] traditional rolled oats - 1/2 cup (45 g)
- [ ] chia seeds - 2 tbsp (20 g)
- [ ] flaked almonds - 1 tbsp (15 g)
- [ ] quinoa - 3/4 cup (150 g)
- [ ] black beans - 400 g can
- [ ] cannellini beans - 400 g can
- [ ] crushed tomatoes (no added sugar) - 400 g can
- [ ] salt-reduced chicken stock - 1 L
- [ ] wholemeal pasta shells - 3/4 cup (75 g)
- [ ] ground cumin - 1 tsp

- [ ] smoked paprika - 1 tsp
- [ ] ground cinnamon - 1/2 tsp

Frozen

- [ ] corn kernels - 1 cup (150 g)

Pantry staples (check you have)

- [ ] olive oil
- [ ] salt
- [ ] black pepper

> Low GI shopping tips
> - Buy canned beans with no added salt where possible and rinse well to reduce sodium.
> - Choose plain, unsweetened yoghurt and milk to avoid hidden added sugars.
> - Pick up a couple of extra lemons and limes while you're there, as fresh citrus juice is an easy way to add flavour without salt or sugar.