Shopping List

Monday 2 November 2026 | Korean-inspired | Serves 2 for the whole day

Breakfast: Kimchi and Spinach Egg Rice Bowl
Lunch: Beef Bulgogi Barley Bowl
Dinner: Gochujang-Glazed Baked Salmon with Brown Rice and Broccolini

Fruit & Vegetables

- [ ] baby spinach - 200 g bag
- [ ] carrot - 1
- [ ] Lebanese cucumber - 1
- [ ] spring onions - 1 bunch
- [ ] garlic - 1 bulb
- [ ] ginger - 1 small piece
- [ ] broccolini - 200 g
- [ ] lime - 1
- [ ] mint - small bunch

Meat & Seafood

- [ ] lean beef rump or sirloin strips - 300 g
- [ ] salmon fillets - 2 x 150 g

Dairy & Eggs

- [ ] free-range eggs - 2

Pantry

- [ ] Doongara rice - 90 g
- [ ] pearl barley - 75 g
- [ ] brown rice - 80 g
- [ ] kimchi - 150 g jar
- [ ] gochujang paste - 1 small jar
- [ ] salt-reduced soy sauce - 1 bottle
- [ ] sesame oil - 1 small bottle
- [ ] sesame seeds - 1 small packet
- [ ] roasted barley tea (boricha) bags - 1 box

Pantry staples (check you have)

- [ ] garlic
- [ ] ginger
- [ ] salt

- [ ] pepper

Low GI shopping tips
- Choose Doongara or basmati rice over jasmine rice for a lower GI option at the same price point.
- Pick a kimchi with no added sugar listed high on the ingredient list for the lowest glycaemic impact.
- Buy pearl barley and brown rice in bulk bags from the pantry aisle; both keep well for months and make quick low GI bases.