Shopping List

Tuesday 3 November 2026 | Greek taverna | Serves 2 for the whole day

Breakfast: Greek Village Baked Eggs with Spinach, Tomato and Fetta
Lunch: Greek Chickpea and Barley Salad with Fetta and Olives
Dinner: Lemon Chicken Souvlaki with Freekeh Tabbouleh and Tzatziki

Fruit & Vegetables

- [ ] brown onion - 1
- [ ] garlic - 1 bulb
- [ ] baby spinach - 120 g bag
- [ ] cherry tomatoes - 150 g punnet
- [ ] tomatoes - 3
- [ ] Lebanese cucumber - 2
- [ ] red onion - 1
- [ ] parsley - 1 bunch
- [ ] mint - 1 bunch
- [ ] lemons - 3

Meat & Seafood

- [ ] chicken breast - 300 g

Dairy & Eggs

- [ ] eggs - 4
- [ ] fetta - 120 g
- [ ] natural Greek yoghurt, unsweetened - 200 g

Bakery

- [ ] grainy sourdough bread - 4 slices

Pantry

- [ ] pearl barley - 100 g
- [ ] freekeh - 100 g
- [ ] chickpeas - 400 g tin
- [ ] kalamata olives - 100 g jar

Pantry staples (check you have)

- [ ] olive oil
- [ ] dried oregano
- [ ] salt

- [ ] black pepper

Low GI shopping tips
- Choose pearl barley or freekeh over couscous or white rice for a noticeably lower GI result.
- Buy a grainy or wholegrain sourdough loaf and slice and freeze extra portions for quick low GI toast later in the week.
- Look for tinned chickpeas and olives with no added sugar in the ingredient list.