Shopping List

Wednesday 4 November 2026 | Aussie BBQ | Serves 2 for the whole day

Breakfast: Smoky BBQ Baked Beans with Poached Eggs on Sourdough
Lunch: BBQ Chicken, Charred Corn and Lentil Salad
Dinner: Chargrilled Lamb Backstrap with Sweet Potato Mash and Salsa Verde

Fruit & Vegetables

- [ ] brown onion - 1
- [ ] red onion - 1
- [ ] garlic - 1 bulb
- [ ] corn cobs - 2
- [ ] baby spinach - 150 g bag
- [ ] cherry tomatoes - 150 g punnet
- [ ] red capsicum - 1
- [ ] avocado - 2
- [ ] lime - 1
- [ ] lemon - 1
- [ ] coriander - 1 bunch
- [ ] parsley - 1 bunch
- [ ] chives - 1 bunch
- [ ] sweet potato - 400 g (about 2 medium)
- [ ] zucchini - 2

Meat & Seafood

- [ ] chicken breast fillets - 300 g
- [ ] lamb backstraps - 300 g

Dairy & Eggs

- [ ] eggs - 6-pack

Bakery

- [ ] grainy sourdough bread - 4 slices

Pantry

- [ ] brown lentils (tinned) - 2 x 400 g
- [ ] diced tomatoes (tinned) - 400 g
- [ ] capers - 1 small jar

Pantry staples (check you have)

- [ ] olive oil

- [ ] balsamic vinegar
- [ ] smoked paprika
- [ ] dried rosemary
- [ ] salt
- [ ] pepper

> Low GI shopping tips
> - Choose corn cobs with tight, green husks for the best flavour when chargrilled.
> - Look for grainy or wholegrain sourdough with visible seeds and grains for a lower GI than regular white sourdough.
> - Pick tinned lentils and tomatoes labelled 'no added salt' where available to keep sodium in check.