

Shopping List

Fold along the dotted line

Healthy Eating Educational Programs, Cooking Demonstrations & Shows

Remember – No Sugary drinks or junk food!
SHOP HEALTHY!

Recipes for the week...

(Write down the dishes you are planning to prepare for the weeks evening meals – this will help you keep them in your mind while you are preparing your list, and while you are at the market)

- Mon _____
- Tues _____
- Wed _____
- Thurs _____
- Fri _____
- Sat _____
- Sun _____

Fruit

(Remember to buy enough fruit for packed lunches as well)

- Nectarines Bananas Grapes Pears
- Apples Mandarins Oranges
- Other _____
- _____
- _____
- _____

Vegetables

(Remember to buy enough for packed lunches as well)

- Zucchini Capsicum Lettuce Beans
- Carrots Broccoli Onion Potatoes
- Other _____
- _____
- _____
- _____

Meat / Fish

- Fish Mince Beef Pork
- Roast Lamb Beef strips Chicken
- Other _____
- _____
- _____
- _____

Breads / Cereals

(Remember, wholemeal is best when it comes to breads, and avoid high sugar cereals)

- _____ _____
- _____ _____

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Packed Lunches

- Ham Salami Turkey Cheese
- Tuna Fetta Pickles Spreads
- Other _____
- _____
- _____
- _____

Dairy

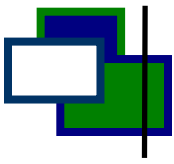
- Milk Yoghurt Sour Cream Cheese
- Other _____
- _____

Other (Food)

- Pasta Rice Sushi rice Arborio Rice
- Beans Lentils Polenta Asian noodles
- Eggs Spices _____
- Flour Sugar Coffee / Tea
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Other (Non – Food)

- Tissues (_____)
- Toilet Paper (_____)
- Kitchen towel (_____)
- Laundry powder (_____)
- Dishwashing liquid (_____)
- Toothpaste (_____)
- General Cleaning items (_____)
- _____
- _____
- _____
- _____
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