

What is on the list?

Love it or hate it, a visit to the supermarket can be the turning point for what you will be eating for the week. **Planning** is one of the most important steps in managing your diet. Having food available at your house means you will be less likely to skip a meal or snack, or settle for unsuitable or convenience foods.

Setting out a Shopping list

Start by writing out a shopping list including all the main food groups for healthy eating; then add a bit of detail to these groups so there is a range of ingredients available to make up any healthy balanced meal. Below is an example of how to set out a shopping list for the week. Consider the different meals you need to cater for to make sure the key ingredients are purchased, ie. beef 2 nights, chicken 2 nights, fish 1 night and lamb 1 night, legumes 1 night. Add this type of detail and amounts to the areas below and you will have your list for the week!

If you have high food consumption, you may need to plan 2 shops a week in the same way rather than buying food as you need it by the end of the week.

Carbohydrates - Majority whole grain

Bread – buy a few loaves and leave some in the freezer so there is always some handy

Cereal – combine a variety of high fibre, wheat, fruit, and/or oat based cereals

Pasta – dry or fresh

Rice – basmati or brown, 90 sec rice bags

Low fat noodles – dry, long life and hoikken

Protein - Lean varieties

Beef – buy in bulk then trim fat and cut into portion/serving sizes before freezing

Chicken – buying breasts in bulk from the deli can be cheaper, wrap each breast individually and put in the freezer so you can use one by one rather than defrosting the whole amount.

Fish – fresh whole cuts or canned 95g for individual consumption or larger tins for family consumption

Eggs – try to buy eggs from the fridge, one week in the fridge has equivalent freshness to one day on the shelf

Lean Lamb or Pork – loin, steaks or fillets

Chickpeas and legumes and nuts

Tofu – marinate firm tofu for stir fries or include silken tofu in soups or baking

Dairy - Low fat or reduced fat

Low fat dairy generally has more protein and calcium than full fat varieties.

Milk - Light or skim, evaporated light

Yoghurt - Low fat fruit or natural

Cheese – Low fat ricotta or cottage cheese, low fat cheese slices or sticks.

Fruit

Aim for 2 pieces a day x 7 days = approx 14 pieces for a week

Fresh fruit – Apple / orange / pear / banana / nectarines / grapes / mandarin / etc

Fruit tubs – have these as a reserve if fresh fruit runs out or for something on the go.

Vegetables - Get a variety of colours

Fresh vegetables

Rotate vegetables from week to week so you don't keep eating the same ones, try new vegetables you may not have had before.

Frozen vegetables

So there is always some vegetables available use these as a quick addition to incorporate in any meal.

Frozen vegetables are just as nutritious, if not more so than fresh vegetables that might be a bit old.

Pantry items / Non-perishables

Canned foods – tuna, salmon, diced tomatoes, baked beans/spaghetti, chickpeas, corn, beetroot

Crispbread– Vita-weat, Salada, rice/corn cakes

Stir fry sauces – soy/oyster/teriyaki/sweet chilli

Olive oil – spray and extra virgin olive oil

Condiments – Dried herbs and spices, salt & pepper. Spreads and pastes like chutney, pickles, tomato paste, Indian and Thai pastes, balsamic vinegar, jar of minced garlic/ginger

Flour – Plain and self raising flour / cornflour