

SmartSlim

SHOPPING LIST WEEK 4

For 4 People (2 Adults & 2 Kids)

T: Tablespoon (15ml)

t: Teaspoon (5 ml)

C: 1 cup (250 ml)

BAKERY

Whole wheat bread slices 2 loafs
Whole wheat rolls Wed 4 Fri 4 Sat 4

CANNED & BOTTLED GOODS

Olives – green packet or can 2
Tomatoes with herbs Can (chopped) 2
Tomatoes Can (chopped) 1
Tuna Can (packed in water – not oil) 4

DAIRY

Cheese Cheddar - Low Fat 300g
Cheese Gouda - Low Fat 250g
Cottage Cheese - Low Fat 500g
Cream Cheese - Low Fat 500g
Skim milk - Low Fat 2 L
Yogurt - Plain - Low Fat 3.5 L

FISH

Smoked fish - 400g

FRUIT, VEGS & NUTS

Fruit for Mid Morning snack – 2 Packets of fresh fruit that is in season. *Good choices are: Granadilla, bananas, strawberries, kiwi, papino or papaya.*
Apples Green 7
Avocados 1
Baby Marrows 3
Bananas 3
Basil 1 C
Carrots 14
Celery ribs 20
Coriander (fresh) 2 bunch
Chillies Red 2
Cucumber 3
Dill 1 t
Eggplant 1
Garlic bulbs 1
Green Beans 150g
Horse Radish 3 T grated
Lemons 6

Lettuce x heads 1
Mealies 3
Mint – x sprigs 10
Nuts Other for Afternoon snack
Mango 2 or 1 pineapple or 3 papaya
Mushrooms 600g
Nuts - Walnuts – (raw & unsalted)
Onion Green/Spring/Scallion 20
Onion Red 6
Parsley 1.5 C
Pepper Red 8
Potatoes – Baby 1.5 kg
Radishes – 1 bunch
Strawberries 48
Spinach 1 C
Sprouts 1 C
Tomatoes 8

MEAT

Beef rump steak 1 kg
Chicken Breast 12
Chicken Viennas – small pack
Ham Lean 10 slices 250g
Pork 500g
Roast Beef slices 250g

OTHER

Apple Juice (Appletizer) 500ml
Bottle of lemon juice
Coconut milk 4 t
Dates 1 C
Eggs 18
Frozen Peas 500g
Fusili Pasta (bows) 250g
Garlic Butter 50g
Lasagna sheets (wholewheat) 250g
Pistachios 2 T
Rice Crispies 1 Box (6 C)