

FAMILY FAVOURITES

SHOPPING LIST

Pantry

- Olive or canola oil spray
- 1 cup self-raising flour
- 1 $\frac{3}{4}$ cup breadcrumbs
- 3 cups rice
- $\frac{1}{2}$ cup currants
- $\frac{1}{2}$ cup unsalted roasted cashews
- Tomato paste, sauce or passata (for pizza base)
- 2 x 400 g can no-added-salt diced tomatoes (one with basil, onion and garlic)
- 165 g can reduced-fat coconut milk
- 270 g jar 97% fat free sundried tomatoes
- 270 g jar char-grilled capsicum or roasted pepper strips
- 400 g can no-added-salt red kidney beans
- 400 g can no-added-salt diced tomatoes
- 400 g can no-added-salt chickpeas
- 2 tbs ground cumin
- 2 tbs ground coriander
- 1 tbs curry powder
- 2 tbs paprika
- 1 tbs chilli flakes, optional
- $\frac{1}{2}$ tbs reduced-salt soy sauce
- 2 tsp balsamic vinegar
- 2 tsp honey
- 1 tsp sesame oil
- $\frac{1}{2}$ cup sweet chilli sauce

Dairy and eggs

- 1 cup Greek/natural/plain yoghurt
- 2 cup reduced-fat mozzarella cheese
- 1 tbs Parmesan cheese
- $\frac{1}{2}$ cup low-fat milk
- 2 eggs

Meat, chicken and fish

- 2 small skinless chicken breasts, fat trimmed
- 500 g chicken mince
- 4 x 100 g salmon fillets
- 4 x 120 g firm white fish fillets
- 250 g beef mince

Fresh fruit and vegetables

- 6 spring onions
- 6 cloves garlic
- 3 onions
- 1.8 kg sweet potato
- 2 capsicums (one red, one yellow)
- 1 bunch bok choy
- 100 g mushrooms
- 1 tomato, sliced
- $\frac{1}{2}$ cucumber, sliced
- 1 stick celery
- $1\frac{1}{2}$ zucchini
- 5 carrots
- Juice of $\frac{1}{2}$ lemon
- $\frac{1}{2}$ red chilli (optional)
- $\frac{1}{2}$ cup basil leaves, chopped
- $\frac{1}{2}$ cup parsley
- 3 lettuce leaves, shredded
- 2 cups baby spinach leaves
- Favourite pizza toppings eg. capsicum, mushrooms, tomatoes, pineapple etc.
- Side salad for pizza
- Salsa for burritos eg. tomato, onion, cucumber and fresh coriander
- Garden salad and lemon wedges, to serve with fish and chips

Frozen

- 1 cup frozen green beans

Bakery

- 6 wholemeal or wholegrain rolls
- Tortilla or other wraps for burritos

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