

# FAST FAMILY FEEDS

## SHOPPING LIST

### Pantry

- 1 cup Arborio rice
- 2 cups rice (eg. Basmati)
- 500 g spaghetti or other pasta
- ¾ cup breadcrumbs
- 570 g tomato based pasta sauce
- 2½ cups chicken or vegetable stock
- 1 cup reduced-salt corn kernels, fresh or canned
- 410 g can baby corn spears, drained
- 4 rings pineapple
- Olive or canola oil spray
- 4 tsp olive oil
- pepper
- 4 tbs low-fat mayonnaise
- 2 tbs reduced-salt soy sauce
- 2 tbs oyster sauce

### Dairy and eggs

- 9 eggs
- ¼ cup low-fat milk
- 5 tbs Parmesan cheese, grated
- 1 cup low-fat cheese, grated
- Low fat plain yoghurt (to top nachos)

### Meat, chicken and fish

- 4 x 120 g firm white fish fillets
- 400 g lean beef steak, trimmed of fat, thinly sliced
- 1 BBQ chicken

### Fresh fruit and vegetables

- 4 potatoes, sliced
- 1 kg sweet potato
- 4 onions, thinly sliced
- 3 clove garlic, crushed
- 2 tsp ginger, grated
- ¾ cup basil leaves
- 4 small tomato, sliced
- 4 medium iceberg lettuce leaf, roughly torn
- Lemon wedges
- 1 carrot
- 1 stick celery
- ½ capsicum, seeded and diced
- 1 small zucchini, cut into 2-3cm pieces
- Enough salad vegies to (eg. Tomato, lettuce, carrot, cucumber etc) to make 3 side salads

### Frozen

- 200 g green beans (fresh is good too)
- 1 broccoli, cut into florets (fresh is good too)
- 1 cup frozen peas

### Bakery

- 4 wholemeal or wholegrain rolls
- 4 tortillas or wraps

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