

Meal plan shopping list



All the ingredients you'll need for 2 people for your high fibre meal plan. Don't forget to check the pantry before going to the supermarket.

Vegetables

Fresh

- 3 medium zucchinis
- 1 ½ small butternut pumpkins
- 4 medium-sized brown onions
- 2 medium-sized red capsicums
- 1 medium-sized green capsicum
- 1 medium-sized yellow capsicum
- ½ a celery
- 1kg carrots
- 1kg baby red potatoes
- 2 bunches asparagus
- 120g rocket leaves
- 250g mushrooms
- 130g kalamata olives, approx
- 280g baby spinach leaves
- 5 tomatoes
- 3 avocados
- 2 Lebanese cucumbers
- 1 baby cos lettuce
- 2 punnets of cherry tomatoes
- 2 small red onions
- 100g green beans
- 1 medium broccoli head

Canned

- 425g can baby beets
- 420g can baked beans
- 3x 400g can chickpeas
- 400g can brown lentils
- 2x 400g can crushed tomato
- 420g can corn kernels

Frozen

- Frozen peas

Fruit

Fresh

- 1 medium apple
- 2 oranges
- 2 lemons
- 8 medium-sized pieces of fruit of your choice (e.g. apples, pears, bananas)
- 1 banana
- 3 punnets strawberries
- 1 punnet blueberries
- 1 lime

Canned

- 410g canned peaches in natural juice
- 825g canned fruit in natural juice of your choice

Frozen

- 500g frozen berries

Dried

- 1 small pack dried cranberries

Breads and cereals

- Rolled oats
- Wholemeal self-raising flour
- Pack of multigrain crackers
- 1 loaf multigrain bread
- Muesli
- Multigrain wraps
- Wholemeal penne or spiral pasta
- Vermicelli noodles
- 4 multigrain bread rolls
- Corn thins
- Rice

Dairy and alternatives

- 200g low fat natural yoghurt
- 3x 1kg low fat yoghurt
- 500g reduced fat grated cheese
- Low-fat cheese slices
- 2L low fat milk
- 50g reduced fat feta
- 240g reduced fat ricotta
- 400mL can coconut milk

Lean meats and proteins

- 1 dozen eggs
- 4x 100g chicken breast
- 2x 185g tin tuna in spring water
- 2x 115g fish fillet of your choice

Herbs and spices

Dried

- Mixed herbs
- Black pepper (to taste)
- Ground cumin
- Roasted paprika powder
- Cajun seasoning

Fresh

- 1 fresh head of garlic
- 2-inch piece of fresh ginger
- Basil leaves
- 1 sprig rosemary
- Flat leaf parsley

Healthy fats

- 1 pack almond slivers (110 – 150g)
- Olive oil spray
- Olive oil
- 120g mixed nuts, natural and unsalted
- Peanut butter

Other

- 1 small apple juice (no added sugar)
- 1 pack pepitas 150 – 200g
- Balsamic vinegar
- Tahini (sesame seed paste)
- 1.5L vegetable stock, salt reduced
- Dijon mustard
- Red curry paste

The high fibre meal plan is available at cancersa.org.au/uploads/Prevention/PREV_High_Fibre_Meal_plan.pdf

