

SHOPPING LIST

Carbohydrate Foods

Bread
Oats
Cereals (variety)
Rice (brown and white)
Pasta (variety)
Polenta
Couscous
Peas (tinned)
Tortillas (tinned)
Potatoes
Pumpkin
Turnip
Bananas
Breadfruit
Yam

Protein Foods

Fish
Seafood
Milk powder, UHT milk
Tinned fish (*Tuna/salmon/sardines*)
Peanut butter
Nut butters
White beans
Chickpeas
Baked beans
Cheese
Yoghurt
Eggs
Deli meats (*e.g. pastrami*)
Sausage
Beef
Pork
Chicken

Vegetables

Carrots
Cabbage
Celery
Onions
Mushrooms
Garlic
Tomatoes (variety)
Corn
Capsicum/bell peppers
French beans
Tinned vegetables
Eggplant

Fruit

Apples
Oranges
Pears
Peaches
Bananas
Melons
Berries
Tinned fruit

Fats

Olive oil
Canola oil
Corn oil
Mayonnaise
Margarine

Others:

Canned soup (*mushroom, tomatoes, minestrone, clam chowder*)
Dried soup powder (*Campbells*)
Ensure Plus
Herbs and spices
Salt and pepper
Salad dressings (*vinaigrette*)
Sugar
Nutella
Tea bags
Coffee
Panko bread crumbs

Supplements:

Vitamin C effervescent or tablet (1000mg) take once every 3 days.

Blackmores Echinacea + Zinc + ACE. Take 2 tablets every 3 days. If falling ill, take 2 tablets once a day for three days.

General Multivitamin: Once a day.

Calcium: 500mg daily

Healthy snacks:

Biscuits
Crackers
3-in-1 drinks
Nuts
Banana
Gatorade powder
Wholewheat crackers
Dried fruits (raisins, cranberries)
Cereal bars
Yoghurt