

Family of 4 weekly shopping list

Example of how to meet the Australian Dietary Guidelines

Vegetables

White potatoes, 1.16kg
Broccoli, 735g
White cabbage, 735g
Cos lettuce, 735g
Carrots, 1kg
Pumpkin, 1.1kg
Brown onions, 1kg
Tomatoes, 820g
Avocado, 1
Leafy salad mix, 200g

Canned

Sweetcorn, 2 x 425g
Diced tomatoes, 420g

Frozen

Mixed vegetables, 1kg
Peas, 2 x 500g

Fruit

Apples, 1.5kg
Bananas, 2kg
Mandarins, 1kg
Watermelon, 750g
Pears, 1kg
Sultanas, 240g

Frozen

Mixed berries, 500g

Legumes

Cashews, 200g
Roasted unsalted peanuts, 375g

Canned

Four bean mix, 3 x 420g
Brown lentils, 2 x 420g
Baked beans, 2 x 420g

Meat and alternatives

Lean beef mince, 500g
Lamb roast, 1.3kg
Chicken breast, 500g
Eggs, 700g

Canned

Tuna in oil, 425g

Dairy

Cheddar cheese, 500g
Reduced fat cheese slices, 500g
Full cream milk, 3L
Reduced fat milk, 3L
Plain yoghurt, 2 x 900g
Reduced fat vanilla yoghurt, 2kg
Light ricotta cheese, 375g

Grains

Wheat biscuits, 1.12kg
Wholemeal bread, 2 x 650g loaves
Rolled oats, 750g
Wholegrain wraps, 360g
Wholemeal spaghetti, 500g
Dry water cracker biscuit, 125g
Long grain white rice, 1kg

Fats/oils

Extra virgin olive oil, 500g

Grocery shopping tips:

| Look for specials | Compare unit prices | Buy in season