

# Shopping List for Diabetics

This shopping list corresponds to the meal plan **servicing 2 people. No snacks are included.**

## DAIRY

- Eggs 4
- Feta Cheese 350 g / 2 1/3 cups
- Greek Yogurt 1300 g / 4 1/3 cups
- Milk 60 ml / 1/4 cup

## BAKERY

- Wholemeal Loaf of Bread 1
- Wholemeal Tortillas 2

## MEAT & FISH

- Salmon Fillets 2
- Chicken Breasts 2
- Lean Beef Mince 250 g / 9 oz

## SPICES & HERBS

- Crushed Red Chilli Flakes
- Cumin Seed
- Ground Cumin
- Ground Cinnamon
- Fresh Basil
- Fresh Coriander / Cilantro
- Fresh Parsley
- Fresh Mint
- Rocket / Arugula
- Sumac
- Turmeric

## STORE

- Artichoke Hearts 145 g / 4/5 cup
- Black Olives 50 g / 1/4 cup
- Cannellini Beans 800 g / 4 cups
- Capers 8 g / 1 tbsp
- Canned Tomatoes 1200 g / 6 cups
- Chickpeas 800 g / 4 cups
- Extra Virgin Olive Oil

- Haricot Beans 400 g / 2 cups
- Harrisa Paste
- Honey
- Hummus
- Porridge Oats 120 g / 1 1/3 cups
- Quinoa 200 g / 1 1/6 cups
- Red Wine Vinegar
- Split Red Lentils 70 g / 1/3 cup
- Sundried Tomato Paste
- Tomato Puree
- Vegetable Stock 1000 ml / 4 1/4 cup
- Walnuts 45 g / 6 tbsp

## FRUIT & VEG

- Aubergine / Eggplant 1
- Avocados 2
- Baby Beetroot 8
- Bananas 6
- Bell Pepper 1
- Broad Beans 50 g / 1/4 cups
- Broccoli Head 1
- Blueberries 350 g / 3 1/2 cups
- Carrots 500 g / 4 1/2 cups
- Celery Stick 1
- Cherry Tomatoes 1220 g / 6 1/8 cups
- Cucumber 1
- Garlic Clove 1
- Leek 150 g / 1 2/3 cups
- Lemons 2
- New Potatoes 200 g / 1 1/3 cups
- Onions 5
- Oranges 2
- Red Chillis 2
- Spring Onions / Scallions
- Sweetcorn Cob 1
- Watermelon 1
- Zucchini / Courgette 2