

FOOD FREEDOM

JACOMIE NEL
REGISTERED DIETITIAN

SHOPPING LIST

Date: _____

BREAD/GRAINS		
ITEM	TO BUY	TICK
	e.g. 2 x 1 kg	✓
Rice, brown		
Rice, Basmati		
Pasta (durum wheat)		
Bread, Wholewheat/granary/Low GI		
Wholemeal pita bread		
Wholemeal tortillas		
Fruit and seed loaf		
Cereals		
Oats		
Muesli (Nature's Source/ Special K Muesli)		
All Bran		
ProNutro, wholewheat		
Raisin Bran		
Bran flakes		
Oat flakes		
Cereal Bars (Oatsli, Jungle, Special K)		
Future life cereal		

FATS & OILS		
ITEM	TO BUY	TICK
Margarine		
Canola oil		
Olive oil		
Nuts		
Peanut butter		
Spray 'n Cook/Cook 'n Bake		
Olives		

FRESH PRODUCE		
ITEM	TO BUY	TICK
New potatoes		
Baby potatoes		
Sweet potatoes		
Vegetables	- _____ - _____ - _____	

	- _____ - _____ - _____ - _____ - _____ - _____	
Fruit	- _____ - _____ - _____ - _____ - _____ - _____ - _____ - _____ - _____ - _____	

DAIRY (and alternatives)		
ITEM	TO BUY	TICK
Milk		
Soya milk (Calcium fortified)		
Cottage cheese		
Mozarella cheese		
Gouda cheese		
Ricotta cheese		
Feta cheese		
Yoghurt, unsweetened		

DRINKS		
ITEM	TO BUY	TICK
Coffee		
English tea		
Rooibos tea		
Hot chocolate/ Milo		
100% fruit juice		
Cordeals		

MEAT/FISH/CHICKEN/EGGS		
ITEM	TO BUY	TICK
Tuna		
Salmon		
Sardines		
Pilchards		
Mackerel		
Hake		
Chicken pieces		

Chicken breast		
Lean beef mince		
Fillet		
Rump		
Soya mince		
Eggs		

LEGUMES/SOYA

ITEM	TO BUY	TICK
Baked beans		
Kidney beans		
Chick peas		
Soya beans		
Soya mince		

BISCUITS/CRACKERS

ITEM	TO BUY	TICK
Marie biscuits		
Digestive Biscuits		
Ryvitas		
Oatcakes		
Provititas		
Rice Cakes		
Mini flavoured Rice Crackers		
Crackermates		
Finn Crisps		

SPICES, SAUCES & DRESSINGS

ITEM	TO BUY	TICK
Vinegar		
Balsamic Vinegar		
Lemon juice		
Salad dressing, eg. Knorr		
Cheese/mushroom sauce		
Tomato based cook-in sauce		
Chutney		
Mustard sauce		
All Gold Tomato sauce		
Mayonnaise, Light		
Salt		
Pepper		
Herbs & Spices	- _____	

	- _____ - _____ - _____ - _____ - _____ - _____ - _____ - _____	

OTHER		
ITEM	TO BUY	TICK
Popcorn kernels		
Ice cream		
Chocolate		