

The Great Aussie Family Grocery List



By Dr. Joanna McMillan

This grocery list will ensure your fridge and pantry are well stocked for the work and school week. I've included all the ingredients you'll need to make my favourite five mid-week dinners, along with some suggestions for breakfast, lunches and snacks.

Simply tick off any items you don't need.



PANTRY

- Loaf of wholegrain bread (perhaps buy an extra one for the freezer - or buy another half way through the week)
- Arrowroot
- Can of brown lentils
- Large can tuna (look for Italian style, canned in extra virgin olive oil)
- BBQ sauce (look for reduced sugar)
- Worcestershire sauce
- Tomato sauce (look for reduced sugar)
- Bottle tamari or soy sauce
- Chinese cooking wine (alternatively sake or dry white wine)
- Extra virgin olive oil (opt for Australian for best quality and freshness)
- Bottle white wine vinegar
- Packet Shiro miso (white miso)
- Dried Italian herbs
- Black peppercorns
- Salt
- Small jar of capers
- Dijon mustard
- Honey
- Wholemeal flour
- Packet almonds in their skin (or almond meal if you don't have a food processor or blender)
- Packet black sesame seeds
- Packet pepitas
- Packet wholegrain or high fibre spaghetti
- Packet black rice (alternatively you can use brown or any wholegrain rice)
- 1 brown onion
- 2 red onions
- Bulb of garlic
- 4 medium potatoes
- Small piece of fresh ginger
- 3 lemons
- Selection of canned beans, chickpeas and lentils - great for adding to salads, pasta and grain dishes, making homemade dips and spreads such as hummus or adding to a tuna mayo sandwich filling.
- Cans of tuna, salmon and/or sardines
- Selection of dried herbs and spices
- Tea, coffee and pure cocoa powder (great for homemade hot chocolates without the added sugar).
- Selection of fresh fruit - keep in fruit bowl on the counter so as top of mind for snacks and dessert
- Selection of nuts - for snacks, sprinkling on salads, yoghurt, breakfast cereal or porridge.
- Wholegrain crackers - for snacking or lunches

OPTIONAL INGREDIENTS FOR BREAKFASTS, LUNCHES AND SNACKS

- Wholegrain breakfast cereal and/or muesli
- Packet of wholegrain wraps
- Cans of baked beans - great for older kids to make their own jaffles as an after-school snack.

FOR LUNCHBOXES

- Good quality muesli bars (look for minimum 4-star health star rating)
- Roasted fava beans or chickpeas
- Wholegrain popcorn
- Wholegrain snacks (look for minimum 4-star health star rating)

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FRIDGE

VEGETABLES

- 6 mushrooms
- Fresh mint
- Fresh parsley
- Fresh tarragon (these herbs are for the meat loaf as well as the other recipes)
- 3 zucchinis
- 4 cups mixed salad leaves
- 2 punnets cherry tomatoes
- 2 Lebanese cucumbers
- 2 red capsicum
- ½ head cauliflower
- 1 parsnip
- Green vegies to serve with schnitzel e.g. broccoli, Brussels sprouts and/or asparagus
- Plus 1 head broccoli (for broccoli salad)
- Packet of spinach leaves
- 2 baby Cos lettuce
- 3 red chillies
- 120g packet rocket leaves
- Bunch bok or pak choy
- 1 bunch broccolini
- Packet bean sprouts

OPTIONAL INGREDIENTS FOR BREAKFASTS, LUNCHES AND SNACKS

- Bag of salad leaves or a lettuce - for salad lunches, sandwiches & wraps.
- Carrots, celery, cucumber and/or capsicum - for lunchboxes or snacking with a dip.
- If you love eggs for breakfast, pick up extra spinach, mushrooms, asparagus and/or tomato to serve with them.
- 2 avocados - for toast, salads, dips, sandwiches & wraps.
- Berries - for topping cereal, muesli or porridge, and for snacks and desserts.

MEAT AND SEAFOOD

- 1 x 500gm packet lean beef mince
- 2 chicken breasts
- 4 small salmon fillets (or 2 large ones to half)
- 2 pork fillets

OPTIONAL INGREDIENTS FOR BREAKFASTS, LUNCHES AND SNACKS

- An extra 2 chicken breasts - poach these in a little water, slice and then store in a sealed bag or container in the fridge for salads, sandwiches & wraps.
- Alternatively buy a whole piece of roast chicken or turkey - slice yourself with a mandolin (much cheaper and lasts longer than buying small packets of sliced meat).

DAIRY

- Parmesan cheese
- Feta cheese
- Carton Greek yoghurt, unsweetened
- Carton light cream cheese

OPTIONAL INGREDIENTS FOR BREAKFASTS, LUNCHES AND SNACKS

- Milk or a dairy alternative
- Block cheese - for sandwiches and snacks (sliced apple & chunk of cheese great lunchbox snack)
- Cottage cheese - great for dips or topping on crackers for a snack.

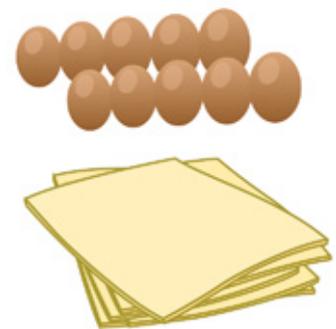


FREEZER

- Packet of frozen green peas

OPTIONAL INGREDIENTS FOR BREAKFASTS, LUNCHES AND SNACKS

- Frozen berries - for smoothies, or to use in place of fresh berries (cheaper, especially when berries are out of season)
- Selection of frozen vegies - microwavable packets make it easy to get more vegies into your day.



OTHER

- Carton of eggs (make it 2 cartons if your family loves eggs for breakfast).
- Packet filo pastry (this is often found in the freezer section, but then put in your fridge at home so it is ready to use).
- Bottle of pure maple syrup