



Shopping for One

A handy guide to eat well for one week

Food cost \$70-\$80 as at June 2011



Fruit & Vegetables

Broccoli	1
Potatoes	5 med
Carrots	5
Onions	3
Tomatoes	3
Canned beetroot	410g
Frozen peas	750g bag
Apples	4
Mandarins	6
Canned peaches	820g can

Meats

Sausages	2
Beef mince	100g
Chicken pieces	2
Salmon fillet	1 (150g)
Lamb roast	mini roast (200g)

Dairy Products

Milk	2 litre
Yoghurt	1 litre
Cheese	250g

Breads & Cereals

Wholegrain bread	1 loaf
Pasta	500g bag
Cereal	500g box

Lunches, Snacks & Drinks

Ham	100g
Canned tuna	95g
Eggs	6
Soup	535g can
Wheat crackers	250g box
Fruit loaf	450g
Digestive biscuits	250g pkt
Pate spread	100g
Fruit juice	1 litre

Other



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Fruit & Vegetables

Canned corn	410g can
Canned tomatoes	400g can
Frozen mixed vege	750g bag
Kumara	4 med
Onions	3
Cauliflower	1/2
Bananas	4
Kiwifruit	6
Canned fruit salad	820g can

Meats

Lamb steaks	1 (approx 150g)
Fish fillet	1 (150g)
Pork schnitzel	1 (150g)
Chicken breast	1 (150g)
Beef diced	100g

Dairy Products

Milk	2 litre
Ice cream	1 litre
Cheese	250g

Breads & Cereals

Wholegrain bread	1 loaf
Rice	500g bag
Rolled oats porridge	1kg bag

Lunches, Snacks & Drinks

Cottage cheese	250g pot
Baked beans	420g can
Canned salmon	105g can
Soup	535g can
Rice crackers	100g pkt
Fruit muffins	6 pack
Ginger nuts	250g pkt
Peanut butter	375g jar
Fruit juice	1 litre

Other