

Trim Healthy Mama Shopping List

DRY GOODS

- natural peanut butter
- rolled oats
- Goodness Barley Wraps
- Ryvita Crackers – Rye
- Cruskits – Rye
- Natvia
- cinnamon
- vanilla essence
- almond milk unsweetened
- coconut oil
- almonds
- cashews
- pecans
- walnuts
- pine nuts
- shredded coconut
- tahini
- konjac noodles/rice
- brown rice
- quinoa
- apple cider vinegar
- balsamic vinegar
- olive oil
- coconut cream
- tin tomatoes
- tin black beans
- tin kidney beans
- tomato paste
- oolong tea bags
- Mountain Bread– Rye
- tomato & BBQ sauce (sugar free)

MEAT

- chicken legs and thighs for S
- chicken breast for E
- salmon
- roast
- corned beef
- mince – beef and kangaroo
- ham
- turkey
- bacon shortcut for E
- steak
- tin tuna

FREEZER

- frozen berries
- frozen beans
- frozen peas
- frozen corn
- frozen salmon fillets (when on special)

FRIDGE

- low fat cottage cheese
- pesto
- olives
- eggs
- carton egg whites
- butter
- Jalna greek yogurt
- Chobani 0% yoghurt
- sour cream
- feta
- parmesan cheese
- cheddar cheese
- Bega Strong and Bitey
- cream
- cream cheese
- Laughing Cow Cheese light

PRODUCE

- spinach
- carrots
- beans
- broccoli
- cabbage
- cauliflower
- mushrooms
- lettuce
- onions
- capsicum
- cucumber
- tomatoes
- apples
- celery
- fresh ginger
- garlic
- lemon
- limes
- fresh herbs