

# TopSlim

## SHOPPING LIST WEEK 4

For 4 People (2 Adults & 2 Kids)

T: Tablespoon (15ml)

t: Teaspoon (5 ml)

C: 1 cup (250 ml)

### BAKERY

Whole wheat bread slices 2 loafs  
Whole wheat rolls Wed 4 Fri 4 Sat 4

### CANNED & BOTTLED GOODS

Olives – green packet or can 2  
Tomatoes with herbs Can (chopped) 2  
Tomatoes Can (chopped) 1  
Tuna Can (packed in water – not oil) 4

### DAIRY

Cheese Cheddar - Low Fat 300g  
Cheese Gouda - Low Fat 250g  
Cottage Cheese - Low Fat 500g  
Cream Cheese - Low Fat 500g  
Skim milk - Low Fat 2 L  
Yogurt - Plain - Low Fat 3.5 L

### FISH

Smoked fish - 400g

### FRUIT, VEGS & NUTS

Fruit for Mid Morning snack – 2 Packets of fresh fruit that is in season. *Good choices are: Granadilla, bananas, strawberries, kiwi, papino or papaya.*  
Apples Green 7  
Avocados 1  
Baby Marrows 3  
Bananas 3  
Basil 1 C  
Carrots 14  
Celery ribs 20  
Coriander (fresh) 2 bunch  
Chillies Red 2  
Cucumber 3  
Dill 1 t  
Eggplant 1  
Garlic bulbs 1  
Green Beans 150g  
Horse Radish 3 T grated  
Lemons 6

Lettuce x heads 1  
Mealies 3  
Mint – x sprigs 10  
Nuts Other for Afternoon snack  
Mango 2 or 1 pineapple or 3 papaya  
Mushrooms 600g  
Nuts - Walnuts – (raw & unsalted)  
Onion Green/Spring/Scallion 20  
Onion Red 6  
Parsley 1.5 C  
Pepper Red 8  
Potatoes – Baby 1.5 kg  
Radishes – 1 bunch  
Strawberries 48  
Spinach 1 C  
Sprouts 1 C  
Tomatoes 8

### MEAT

Beef rump steak 1 kg  
Chicken Breast 12  
Chicken Viennas – small pack  
Ham Lean 10 slices 250g  
Pork 500g  
Roast Beef slices 250g

### OTHER

Apple Juice (Appletizer) 500ml  
Bottle of lemon juice  
Coconut milk 4 t  
Dates 1 C  
Eggs 18  
Frozen Peas 500g  
Fusili Pasta (bows) 250g  
Garlic Butter 50g  
Lasagna sheets (wholewheat) 250g  
Pistachios 2 T  
Rice Crispies 1 Box (6 C)