

Name: Rajdeep R

## Weekly Grocery List

Please ensure below ingredients are included in the weekly groceries

### Weekly requirement

(Raj should aim to consume the following amounts of vegetables and salad weekly to promote satiety and help manage his carbohydrate portions effectively.)

#### For Salad

- At least 5 cucumbers
- Bag of carrots
- Ice-burg lettuce
- At least 2 capsicums (red / green)
- Fresh Herb- mint, coriander, shallot, onions
- 2 avocados

#### Vegetables

- Alternate: Broccoli/ Brussel Sprout/ Asparagus
- Mushroom
- Baby spinach
- 2 Zucchini

#### Protein

- 1 Carton of Egg (every 2-3 weeks)
- Almond Milk
- Greek Natural Yoghurt
- Cheese: Fetta/ Paneer/ Mozzarella

#### 3-4 Fruits:

- Strawberries/ Blueberries/ Green Apple/ Orange etc

### Other ingredients based on weekly Menu

(Head office to determine and Support worker to inform)

le protein in freezer/ sauces / condiments