

Julie's Mediterranean Meal Planner & Shopping Checklist

When Meal planning for main meals for 7 days I base meals around this mix of main protein sources plus generous servings of vegetables

Meal	Main protein	Example
1	Beans or legumes (such as lentils & chickpeas) or Seeds / Nuts as key protein/ingredient for meal	Minestrone Soup (substitute pasta shells with San Remo Pulse Pasta) Serve with Parmesan cheese & wholegrain bread rolls Minestrone soup (taste.com.au)
2	Lean red meat key protein protein/ingredient for meal	Slow Cooker Beef & pumpkin curry served with Broccolini & McKenzie's Barley, Rice & Bulgur Super Blend Beef and pumpkin curry (taste.com.au)
3	Fish A key protein/ingredient for meal	Salmon & broccoli wholemeal linguine with Mixed Tomato & Basil Salad Salmon and broccoli linguine (taste.com.au) Mixed tomato and basil salad (taste.com.au)
4	Lean chicken key ingredient for meal	Chicken tikka salad https://www.taste.com.au/recipes/chicken-tikka-salad-recipe/3bjehng7
5	Soy/tofu key protein/ingredient for meal	Grilled tofu with brown rice, Asian greens & chilli sesame dressing Grilled tofu with brown rice, Asian greens and chilli sesame dressing (taste.com.au)
6	Fish B key protein/ingredient for meal	Mexican prawn salad bowl https://www.taste.com.au/recipes/mexican-prawn-salad/d8ae5d25-7e6e-414c-a9f3-ebeeb1836789
7	Eggs / Cheese / Yoghurt / Dairy main protein/ingredient for meal OR Lean chicken key ingredient for meal	Vegetable Fritters with Garden salad & Tomato & Chilli Salsa Vegetable fritters (taste.com.au) OR Healthier chicken satay stir-fry with steamed brown basmati rice Healthier chicken satay stir-fry (taste.com.au)

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Shopping Prompter / Checklist

<p>Fruits & Vegetables</p> <ul style="list-style-type: none"> ✓ Apples ✓ Citrus – oranges, grapefruits, mandarins, limes ✓ Stone fruit – pears, nectarines, apricots, peaches, plums ✓ Tropical – bananas and mangoes ✓ Berries – strawberries, raspberries, blueberries, kiwifruit, passionfruit ✓ Melons – watermelons, rockmelons and honeydew melons ✓ Tomatoes and avocados ✓ Grapes ✓ Brussels sprouts ✓ Potatoes / sweet potatoes ✓ Eggplant ✓ Okra ✓ Spinach / Silver beet / rainbow chard ✓ Onions Red / brown. garlic and shallot ✓ Ginger / chillies ✓ Asian greens ✓ Cabbage, cauliflower, Brussels sprouts and broccoli / Broccolini ✓ Celery / asparagus ✓ Snow peas / Peas ✓ Beans / broad beans / snake beans ✓ Carrots / parsnip / turnip / swede ✓ Pumpkin, cucumber and zucchini 	<p>Nuts & seeds</p> <p>Unsalted, dry roasted or raw varieties 30g serves</p> <ul style="list-style-type: none"> ✓ Walnuts ✓ Linseed ✓ Cashews ✓ Peanuts ✓ Chia seeds ✓ Pine nuts ✓ Brazil nuts ✓ Whole almonds. <p>Fish</p> <ul style="list-style-type: none"> ✓ Salmon fresh ✓ Canned salmon & canned tuna ✓ Herrings ✓ Sardines ✓ Prawns ✓ Crab (tinned are economical) ✓ Squid & octopus ✓ Snapper ✓ Trout ✓ Whiting ✓ Herring ✓ Anchovy ✓ Flathead <p>Meats</p> <ul style="list-style-type: none"> ✓ Red Meat Beef / Lamb / Pork for 1 meal ✓ Chicken / turkey / duck for 1-2 meals 	<p>Pulses & Legumes</p> <ul style="list-style-type: none"> ✓ Kidney beans ✓ Chickpeas ✓ Lentils ✓ Baked beans ✓ Black-eyed peas ✓ 4 Bean mix <p>Oils & spreads</p> <p>Fruit, nut or seed-based oils & spreads such as</p> <ul style="list-style-type: none"> ✓ Peanut butter ✓ Canola oil & spread ✓ Olive oil & spread ✓ Sunflower, avocado, peanut, soybean, rice bran, sesame oils ✓ Tahini (sesame seed spread) ✓ Soybean oil & spreads <p>Grains</p> <ul style="list-style-type: none"> ✓ Oatmeal & oat bran ✓ Carmen's fruit free meusli ✓ Barley & other whole grains ✓ Psyllum <p>Dairy Products</p> <ul style="list-style-type: none"> ✓ Greek yoghurt ✓ Full fat cheeses ✓ Milk
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