



MASTER SHOPPING LIST

Keep these items on your master shopping list to ensure a fully stocked pantry for easy to make braces-friendly meals.

STOCK THE PANTRY

- Cans BBQ Baked Beans
- 810g cans crushed tomatoes
- 400 ml cans light coconut milk
- 4 cup packs chicken stock
- 1kg box Traditional Oats
- Tomato paste
- Chick Peas
- Cous Cous
- Pitted Dates
- Black Chia Seeds
- Goji Berries
- Currants
- Craisins
- Coconut flakes
- LSA (almond meal)
- Ground ginger
- Dried pappadums
- Salad dressing

FOR THE FRIDGE

- Coconut water
- Low fat milk
- Low fat, low sugar yoghurt (less than 10g sugar per 100g - check the label)
- Eggs
- Apples, bananas
- Garlic, ginger, onions
- Hummus

FOR THE FREEZER

- Frozen packets berries
- Frozen bananas (whole) that are a bit over ripe
- Frozen 250g spinach packs
- Garlic bread