

A Salad a Day

Week 1 Shopping List

Vegetables

- Asparagus - 1 bunch
- Capsicum, red - 3
- Capsicum, green - 2
- Capsicum, yellow - 1
- Cauliflower - 1 head
- Cabbage, red - 1 head
- Cabbage, green - ¼ head
- Carrots - 2
- Celery - ½ bunch
- Cherry tomatoes - 1 punnet
- Cucumber - 1
- Ginger - knob
- Kale - 1 bunch
- Lettuce leaves - 250g
- Mung beans - 1 punnet
- Onion, red - 1
- Peas - frozen - 1 cup
- Potatoes - 750g
- Pumpkin, butternut - whole
- Shallots - ½ bunch
- Snow peas - 200g
- Tomatoes - 2

Fruit

- Lime - 3
- Orange - 1
- Apples, green, small - 3
- Lemon - 1

Herbs

- Basil - small bunch
- Dill - small bunch
- Coriander - small bunch

Other

- silken tofu - 125g OR
- non-dairy/egg free mayonnaise (I use King Land Soy Mayonnaise)

Where To Buy

Everything listed should be available in:

- Major supermarkets
- Fruit / Vegetable Markets

Online at [Bulk Foods Australia](http://BulkFoodsAustralia.com.au)
Online at [Changing Habits](http://ChangingHabits.com.au)