

# A Salad a Day

## Week 4 Shopping List

### Vegetables

- Asparagus
- Avocado - 5
- Bean Sprouts - 100g
- Capsicum - 2 red
- Carrot - 1
- Cherry Tomatoes - 2 punnets
- Corn Cobs - 2
- Cucumbers - 3
- Green Beans - 125g
- Lettuce - Cos
- Lettuce - Mixed Leaves 240g
- Lombok - ½ small
- Onion - red
- Radishes - 6
- Shallots
- Snow Peas - 250g
- Snow Pea Sprouts - 50g
- Sugar Snap Peas - 125g

### Fruit / Herbs

- Coriander - 1 bunch
- Lemon - 1
- Limes - 2
- Mint - 1 bunch
- Nectarines - 2
- Oranges - 2
- Papaya - 1
- Parsley - 1 bunch
- Pomegranate - 1

### Canned Goods

- Bamboo Shoots
- Cannellini Beans
- Corn kernels - 310g

### Other

- Capers
- Crunchy Noodles - 100g
- Raw Peanuts - 1 cup
- Quinoa - 1 cup, cooked
- Tortillas
- Walnuts - 1 cup

### 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)