

Heart-healthy shopping list

Everything you need for the 7-day plan and beyond. Tick what you already have, then shop the rest. Choose "no added salt" cans wherever you can.

Fresh produce

- ☐ Potatoes and sweet potatoes
- ☐ Onions, garlic and ginger
- ☐ Leafy greens (spinach, kale, lettuce)
- ☐ Broccoli and cauliflower
- ☐ Carrots and celery
- ☐ Mushrooms
- ☐ Capsicum and tomatoes
- ☐ Beetroot
- ☐ Lemons and limes
- ☐ Bananas, apples and berries
- ☐ Fresh herbs (coriander, parsley)

Pantry

- ☐ Rolled oats
- ☐ Brown rice, barley and quinoa
- ☐ Wholegrain pasta
- ☐ Red lentils (dried)
- ☐ Canned lentils, chickpeas, black beans and kidney beans
- ☐ Canned tomatoes and passata
- ☐ Low-salt vegetable stock
- ☐ Ground flaxseed and chia seeds
- ☐ Wholemeal wraps and bread

Fridge and freezer

- ☐ Firm tofu and silken tofu
- ☐ Tempeh
- ☐ Unsweetened soy milk
- ☐ Frozen berries
- ☐ Frozen edamame and peas
- ☐ Frozen mixed vegetables

Flavour (no oil, low salt)

- ☐ Dijon mustard
- ☐ Apple cider vinegar
- ☐ Salt-reduced tamari
- ☐ Nutritional yeast
- ☐ Cumin, smoked paprika and turmeric
- ☐ Cinnamon and ginger
- ☐ Italian herbs
- ☐ Pure maple syrup (small amounts)