

Week 3 Shopping Checklist

Fruit

Item	Quantity	Purpose
Lychees	500 g	Fruit platter/snacks
Watermelon	1 small	Fruit platter/snacks
Rockmelon	1	Fruit platter/snacks
Passionfruit	3	Dessert garnish
Avocados	2	Ribbon salad
Grapes	1 bunch	Fruit platter/snacks
Nectarines	3	Fruit platter/snacks
Peaches	3	Fruit platter/snacks
Plums	3	Fruit platter/snacks
Cherries	250 g	Fruit platter/snacks
Bananas	3	Fruit platter/snacks

Vegetables

Item	Quantity	Purpose
Sweet corn	3 cobs	Salsa
Tomatoes	2	Roast ahead for galette or salsa
Capsicums	3	Roast ahead for galette or charred veg
Cucumbers	2	Salad sides
Zucchini	2	Galette or roast veg sides
Eggplant	1	Roast veg sides
Beans	200 g	Salad sides
Lettuce	1 head	Crisp salad base

Herbs

Item	Quantity	Purpose
Basil	1 bunch	Galette garnish and salads
Mint	1 bunch	Garnish kits and drinks
Coriander	1 bunch	Salsa and garnish

Pantry

Item	Quantity	Purpose
Sponge fingers or plain biscuits	1 packet	Icebox cake base
Coconut cream	400 ml can	Icebox cake filling
Flour	2 cups	Pastry for galette and cookies

Dairy

Item	Quantity	Purpose
Greek yoghurt	1 cup	Herb dip
Whipping cream	600 ml	Icebox cake and dessert toppings

Drinks & Cooling

Item	Quantity	Purpose
Soda/sparkling water	2 bottles	Spritzers
Block ice & ice bricks	As needed	Pre-chill for Week 4

Zero-Waste Wraps & Gift Finishings

Item	Quantity	Purpose
Fabric offcuts / tea towels	As needed	Furoshiki wraps
Kraft/brown paper	As needed	Recyclable wrapping
Twine/string	As needed	Reusable tie
Natural accents	DIY	Rosemary/eucalyptus sprigs, dried citrus