

# January Seasonal Shopping List

## what's in season?

### fruit

apricots, asparagus, avocado, bananas, beans, blackberries, blueberries, boysenberries, cherries, honeydew, lemons, lychee, mango, nectarines, passionfruit, peaches, pineapples, plums, prickly pear, rambutan, raspberries, rockmelon, starfruit, strawberries, tamarillo, watermelon.

### vegetables

capsicum, celery, cucumber, eggplant, lettuce, okra, onions, peas, radish, spring onion, squash, sweetcorn, tomato, zucchini

## this weeks menu

\_\_\_\_\_ monday \_\_\_\_\_

\_\_\_\_\_ tuesday \_\_\_\_\_

\_\_\_\_\_ wednesday \_\_\_\_\_

\_\_\_\_\_ thursday \_\_\_\_\_

\_\_\_\_\_ friday \_\_\_\_\_

\_\_\_\_\_ saturday \_\_\_\_\_

\_\_\_\_\_ sunday \_\_\_\_\_

## fruit + vegetables

## meat + poultry

## pantry

## eggs + dairy

## lunchbox prep

## freezer

