

Shopping List:

Fruit/Vegetables

- Apples
- Avocado
- Bananas
- Basil (fresh)
- Bell Peppers (Mixed)
- Butternut Squash
- Carrots
- Celery
- Coriander (Cilantro) fresh
- Courgette (Zucchini)
- Cucumber
- Garlic
- Ginger Root
- Jalapenos
- Lettuce
- Lemons
- Mint (fresh)
- Mushrooms
- Onions - white, red and green (spring onions)
- Parsley (fresh)
- Potatoes
- Raspberries
- Spinach
- Sweet Potato
- Tomatoes (baby plum or grape)

Bakery

- English Muffins
- Low Calorie Wholemeal/Wheatwheat Bread

Dairy and other refrigerated Items

- Butter
- Cheddar
- Eggs
- Fat Free Yoghurt
- Feta
- Mozzarella
- Milk

Meat/Poultry/Fish

- Chicken Breast (Thighs and Breast)
- Beef Mince (Ground Beef)
- Ham

- Pepperoni
- Stewing Beef (lean diced beef)
- Turkey Mince (Ground Turkey)

Storecupboard/Pantry

- Baking Powder
- Balsamic Vinegar
- Beef Stock
- Brown Sugar
- Chicken Stock
- Chickpeas (canned)
- Chopped Tomatoes
- Cornstarch (cornflour)
- Fusilli Pasta
- Gherkins (pickles)
- Granulated Sweetener
- Hoisin Sauce
- Kidney Beans (canned)
- Long Grain Rice (basic and basmati)
- Low Calorie Spray
- Maple Syrup
- Mayonnaise (light)
- Mustard (yellow)
- Oats (Rolled)
- Olive Oil
- Passata
- Tomato Paste (Puree)
- Vanilla Extract
- Vegetable Stock
- White Chocolate Chips

Spices/Herbs

- Cardamom Pods (green)
- Cayenne Pepper
- Cinnamon (ground)
- Cloves
- Chilli Powder and flakes
- Garam Masala
- Garlic Powder (granules)
- Ground Cumin and cumin seeds
- Ground Coriander
- Ground Sage
- Onion Powder (granules)
- Oregano

- Paprika
- Parsley (dried)
- Pepper (black)
- Poppyseeds
- Thyme (dried)
- Turmeric
- Salt

Frozen Products

- Broccoli
- Frozen Mixed Berries
- Sweet Corn