

## Shopping list – Week 2

- The following ingredients are for 2 adults and 2 children
- You may already have some of the ingredients in your cupboard

### Bread, cereal, potatoes

- Cereal
- Porridge
- Tortilla wraps x 4
- Wholemeal bread (pan and a half)
- Wholemeal baps x 4
- Fruit brack
- Pasta
- Rice
- 8 potatoes

### Fruit and vegetables

- Berries
- 8 plums
- 4 oranges
- 4 apples
- 8 bananas
- 4 pears
- 8 kiwis
- 1 melon
- 8 carrots
- 1 turnips
- Parsnips
- Leeks
- 12 mushrooms
- 285g broccoli
- 1 courgette
- 2 garlic cloves
- 1 lettuce
- Tinned fruit
- 1 cucumber
- 200g peas
- 6 onions
- 4 peppers
- 8 tomatoes
- Frozen peas
- Sweetcorn
- Tinned peaches
- 20 cherry tomatoes

### Dairy

- Low fat milk
- low fat yoghurt
- low fat cheese

### Meat, eggs, fish

- Eggs
- Chicken
- Ham
- 450g minced beef
- 240g salmon
- 675g lean stewing beef
- Nuts
- Lentils
- Baked beans
- Kidney beans x 1 tin
- Tinned tuna in brine

### Other

- Fruit juice
- Tinned tomatoes
- Mushroom soup
- Low salt vegetable stock cubes
- Plain flour
- Chilli powder
- Tomato sauce
- Relish
- Low fat mayonnaise
- Rice cakes
- Small bags of popcorn
- Parsley