

Shopping list – Week 3

- 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
- Wholemeal bread (2 large pans)
- Tortilla wraps x 4
- Quick cooking macaroni
- Rice
- Noodles
- Easy cook lasagne sheets
- Pasta
- Potatoes

Fruit and vegetables

- | | | |
|--|--|--|
| <input type="checkbox"/> 4 bananas | <input type="checkbox"/> 11 carrots | <input type="checkbox"/> 1 lettuce |
| <input type="checkbox"/> 8 mandarins | <input type="checkbox"/> Celery | <input type="checkbox"/> 8 tomatoes |
| <input type="checkbox"/> grapes | <input type="checkbox"/> 100g broccoli | <input type="checkbox"/> 6 spring onions |
| <input type="checkbox"/> 4 apples | <input type="checkbox"/> 2 courgettes | <input type="checkbox"/> 2 cloves garlic |
| <input type="checkbox"/> 4 plums | <input type="checkbox"/> 360g green beans | <input type="checkbox"/> 7 onions |
| <input type="checkbox"/> 8 pears | <input type="checkbox"/> 1 cucumber | <input type="checkbox"/> 9 mushrooms |
| <input type="checkbox"/> 1 turnip | <input type="checkbox"/> Frozen vegetables | <input type="checkbox"/> 3 peppers |
| <input type="checkbox"/> 14 potatoes | <input type="checkbox"/> Tinned sweetcorn | <input type="checkbox"/> 200g peas |
| <input type="checkbox"/> 175g baby sweetcorn | <input type="checkbox"/> Tinned fruit | |

Dairy

- Low fat milk
- Low fat yoghurts
- Low fat cheese

Meat, eggs, fish

- | | |
|--|--|
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Tinned salmon |
| <input type="checkbox"/> Ham | <input type="checkbox"/> Tinned tuna |
| <input type="checkbox"/> Lean rashers | <input type="checkbox"/> Baked beans |
| <input type="checkbox"/> 900g lean minced beef | <input type="checkbox"/> Cashew nuts |
| <input type="checkbox"/> 675g filleted cod | |
| <input type="checkbox"/> 4 lean pork chops | |
| <input type="checkbox"/> 3 medium chicken breast fillets | |

Other

- | | | |
|--|---|---|
| <input type="checkbox"/> Fruit Juice | <input type="checkbox"/> Low fat spread | <input type="checkbox"/> Sugar free jelly |
| <input type="checkbox"/> Jam/marmalade | <input type="checkbox"/> Low fat mayonnaise | |
| <input type="checkbox"/> Tinned tomatoes | <input type="checkbox"/> Vegetable oil | |
| Veg stock cubes | Plain flour | |