

30 minute meals shopping list

Week 1	Week 2	Week 3
1 bag of potatoes 6 medium eggs 4 lean bacon rashers 4 red peppers 1 tin of reduced salt sweet corn 1 round lettuce 1 pack of tomatoes 1 red onion 1 cucumber 1 bag of carrots 1 jar of low fat salad dressing 1 clove of garlic 1 bag of onions Parsley-fresh or dried Mixed herbs Black pepper Salt Vegetable oil 2lb/450g of lean minced beef/lamb Plain Flour 1 med sized cooked chicken (3-4lbs) 1lb/450g pork pieces 1 pack of mushrooms 2 chicken stock cubes Brown/wholegrain rice Medium curry powder 1 bag of frozen peas Salmon fillets (1 per person) Cajun spice 1 bag of baby potatoes 1 pack of green beans 1 head of broccoli 1 tin of tomatoes 1 1/2lb of lean round beef steak Corn flour 2 beef stock cubes 1 tube of tomato puree 1 jar of reduced salt soy sauce	1 pack of mushrooms 1 small brown bread 1 red pepper 1 yellow pepper 2 green pepper Low fat cheese 1 bag of onions Olive oil 1 bag of carrots 1 pack green beans Brown/wholegrain rice 1 pack of taco shells 1lb of lean mince beef 1 bulb of garlic Mild chilli powder Cumin powder Mexican salsa 1 lime 1 lemon Salt Pepper Mixed herbs Lettuce Tomatoes 1 pot of natural yogurt 1 avocado Black olives Chicken fillets (1 per person as required) Mild curry powder 1 tube of tomato puree Small fillets of white fish (2 per person as required) Plain flour 1 chicken, 1 vegetable & 1 beef stock cube Celery 1 bag of baby potatoes 1 1/2lb of lean stewing beef	Brown/wholegrain pasta 1 red chilli 1 bulb of garlic Olive oil Parsley-fresh or dried Salt Pepper Lettuce Tomatoes Cucumber Red onions 1 bag of onions 1 bag of carrots Brown/risotto rice 1 bag of frozen peas Low fat cheese 1 vegetable stock cube Pork chops (1 per person as required) Reduced salt Worchester sauce 1 jar of mixed spices 1 pack of green beans Baby sweet corn 1 bag of baby potatoes 3 limes 1 lemon A larger sealable bag Chicken fillets (1 per person as required) Salmon steaks (1 per person as required) 1 head of broccoli 1lb of lean mince beef/lamb 2 peppers-1 red & 1 green 1 tin of tomatoes 1 pack of mushrooms Tomato sauce 1 pack of cheese sauce 1 pack of lasagne sheets Low fat margarine 1 litre of semi skimmed milk 1 med sized chicken (3-4lbs) 6 parsnips 4 large potatoes