



Shopping List

Item	Quantity	Item	Quantity	Item	Quantity	Item	Quantity
☐ Tomatoes	8 large	☐ Cabbage	1	☐ Chicken	3 portions	☐ Curry sauce	1 packet
☐ Avocado	1 medium	☐ Cauliflower	1	☐ Pork	1 portion	☐ Gravy	1 tub
☐ Spinach	2 bags	☐ Chopped tomatoes	1 tin	☐ Sausages	6	☐ Mayo	1 pot
☐ Cucumber	1	☐ Passata	1 packet	☐ Beef	2 portions	☐ Maple syrup	1 bottle
☐ Sweet potato	4	☐ Baked beans	1 tin	☐ Burgers	1	☐ Butter	1 tub
☐ Mixed salad leaves	1 bag	☐ Chickpeas	2 tins	☐ Mince	2 portions	☐ Cheese	1 packet
☐ Beetroot	1	☐ Pears	3	☐ Soy sauce	1 bottle	☐ Dessert pot	1 pot
☐ Mange tout	2 portions	☐ Lemon	1	☐ Pepper	1 grinder	☐ Raw fruit and nut bar	1 bar
☐ Baby corn	2 portions	☐ Pineapple	1 large	☐ Sea salt	1 grinder	☐ Nut and seed selection	2 portions
☐ Broccoli	2 medium	☐ Mixed berries	3 portions	☐ Turmeric	1 pot	☐ Salted popcorn	2 packets
☐ Carrots	5 large	☐ Apples	3	☐ Cumin	1 pot	☐ Chocolate	1 bar
☐ Butternut squash	1 small	☐ Satsumas	4	☐ Cinnamon	1 pot	☐ Ice cream	1 tub
☐ Red onions	5	☐ Bananas	1	☐ Paprika	1 pot	☐ Hash browns	1 portion
☐ Garlic	1	☐ Wholemeal wraps	1	☐ Chilli flakes	1 grinder	☐ Stuffing	1 portion
☐ Pickled salad	2 portions	☐ Wholemeal rolls	2	☐ Coriander	1 pot	☐ Sugar free jelly	1 pot
☐ Peas	4 portions	☐ Seedy wholemeal bread	1 small loaf	☐ Tomato Puree	1 tube		
☐ Courgette	1 large	☐ Wholemeal pittas	2 small	☐ Marmite	1 pot		
☐ Peppers	12 mini	☐ Rice	1 portion	☐ Sweetener	1 pot		
☐ Aubergine	1 medium	☐ Couscous	1 bag	☐ Fat free salad dressing	1 bottle		
☐ Mushrooms	4 portions	☐ Wholewheat noodles	2 portions	☐ Low fat yogurt	4 pots		
☐ Kale	1 bag	☐ Spaghetti	2 portions	☐ Skimmed or semi milk	1 bottle		
☐ Sweetcorn	1 tin	☐ Oats	1 box	☐ Tahini	1 pot		
☐ Potatoes	2 medium	☐ Eggs	2	☐ Ketchup	1 bottle		

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