

Shopping List



This week, I need to get...

- Jacket potatoes
- Sweet potatoes
- Potatoes
- Spring onions
- Onions
- Garlic cloves or puree
- Mixed bell peppers
- Carrots
- Cauliflower
- Broccoli
- Leeks
- Celery
- Green beans
- Bananas
- Strawberries
- Frozen peas
- Frozen sweetcorn
- Fresh or frozen spinach
- Bouillon powder/reduced salt vegetable stock
- Dried/fresh mixed herbs
- Low-fat soft cheese
- Hard cheese (cheddar)
- Vegetable fat spread
- Frozen white fish fillets
- Curry powder
- Paprika (optional)
- Black pepper
- Lean minced beef
- Tinned beans, such as cannellini beans
- Dried/tinned chickpeas
- Cornflour
- Lean pork meat
- Chicken breast
- Tuna in water
- Vegetable oil
- Chopped tomatoes
- Red lentils
- Tinned mixed bean salad
- White rice
- Pasta and/or spaghetti
- Macaroni
- Porridge oats
- Plain yoghurt
- Semi-skimmed milk
- Self-raising flour
- Tortillas
- Eggs

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