

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
- Leeks
- Celery
- Green beans
- Tomatoes
- Cucumber
- Bananas
- Frozen peas
- Frozen sweetcorn
- Bouillon powder, or reduced salt vegetable stock
- Dried or fresh mixed herbs
- Chilli powder
- Curry powder
- Jerk seasoning
- Lean minced beef
- Chicken breast
- Tuna in water
- Tinned beans, such as red kidney beans
- Dried or tinned Chickpeas
- Chopped tomatoes
- Vegetable oil
- White rice
- Pasta
- Spaghetti
- No added salt/sugar peanut butter
- Wholemeal bread
- Crumpets
- Porridge oats
- Eggs
- Semi-skimmed milk
- Low-fat soft cheese
- Plain yoghurt

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