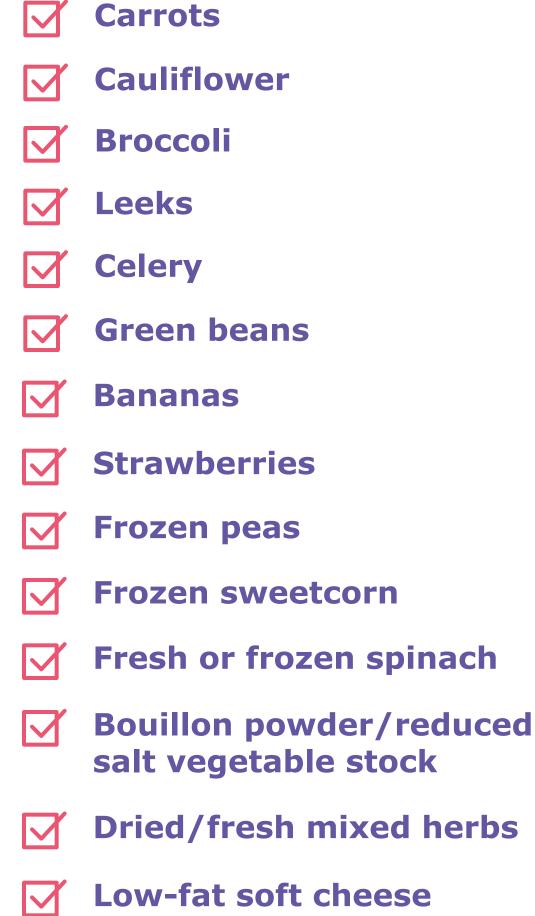
## Shopping List

## This week, I need to get...

- **Jacket potatoes**
- **Sweet potatoes**
- **Potatoes**
- **Spring onions**
- **Onions**
- **Garlic cloves or puree**
- **Mixed bell peppers**

- **Frozen white fish fillets**
- **Curry powder**
- **Paprika (optional)**
- **Black pepper**
- Lean minced beef
- **Tinned beans, such** as cannellini beans
- **Dried/tinned chickpeas**
- Cornflour



- Hard cheese (cheddar)
- **Vegetable fat spread**

- 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  $|\mathcal{M}|$
- **Porridge oats** V
- **Plain yoghurt**
- **Semi-skimmed milk**
- **Self-raising flour**
- **Tortillas**
- Eggs

