

# Shopping List



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

- Jacket potatoes
- Sweet potatoes
- Potatoes
- Butternut squash
- Spring onions
- Onions
- Garlic cloves or puree
- Mixed bell peppers
- Carrots
- Courgette
- Broccoli
- Celery
- Green beans
- Tomatoes
- Cucumber
- Bananas
- Strawberries
- Frozen sweetcorn
- Bouillon powder/reduced salt vegetable stock
- Dried/fresh mixed herbs
- Frozen white fish fillets
- Jerk seasoning
- Paprika (optional)
- Vegetable fat spread
- Chilli powder
- Black pepper
- Lean beef
- Lean pork meat
- Tuna in water
- Tinned beans, such as red kidney beans
- Chicken breast
- Chopped tomatoes
- Tinned mixed bean salad
- Reduced salt soy sauce
- White rice
- Pasta
- Macaroni
- Wholemeal bread
- Hard cheese (cheddar)
- Tortillas
- No added salt/sugar peanut butter
- Semi-skimmed milk
- Cornflour
- Greek yoghurt
- Low-fat soft cheese
- Eggs
- Crumpets

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