

Shopping List



This week, I need to get...

- Jacket potatoes
- Potatoes
- Broccoli
- Spring onions
- Onions
- Garlic cloves or puree
- Fresh/frozen spinach
- Mixed bell peppers
- Carrots
- Celery
- Cucumber
- Bananas
- Jerk seasoning
- Paprika (optional)
- Lean minced beef
- Lean pork meat
- Chicken breast
- Tuna in water
- Bouillon powder/reduced salt vegetable stock
- Dried/fresh mixed herbs
- Vegetable oil
- Chopped tomatoes
- Pasta or spaghetti
- Red lentils
- White rice
- Tinned beans, such as cannellini beans
- Tinned mixed bean salad
- Macaroni
- Crumpets
- Wholemeal bread
- Tortillas
- No added salt/sugar peanut butter
- Porridge oats
- Self-raising flour
- Eggs
- Semi-skimmed milk
- Low-fat soft cheese
- Hard cheese (cheddar)
- Vegetable fat spread

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