



Week 3 shopping list

For 1 person

Vegetables

50g of asparagus
 3 onion
 Lemon
 Rocket leaves
 Cucumber
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 3 Carrot
 Few spring onions
 Basil
 Garlic
 Parsley
 rosemary
 75g of mushrooms
 1 leek small
 celery
 thyme
 potatoes x6
 350g cherry tomatoes

Dairy

butter
 milk
 chadder cheese
 12 Eggs
 parmesan cheese
 pecorino cheese

Dry Food

flour
 vegetable cubes
 bread crumb
 BBQ sauce
 200g black olives
 1x jar capers
 1x olive oil
 balsamic vinegar
 1x pkt pasta vermicelli no1
 flour plain
 30g paprika
 200ml cooking red wine
 Beef cubes
 Bay leaves
 salt
 bouquet garni
 1xpkt linguini pasta
 1x Tomato puree
 1xpkt beef cubes

Meat

1x chicken breast
 1pkt cooked ham
 200g beef shoulder cubes
 50g bacon
 40g pancetta
 350g oxtail

Fish

1 x octopus

NOTE: PLS ALWAYS CHECK THE CUPBOARDS BEFORE YOU GO SHOPPING