



Week 1 shopping list

For 1 person

<u>Vegetables</u>	<u>Dry food</u>	<u>Dairy</u>	<u>frozen foods</u>	<u>Meat</u>
Spinach/rocket	balsamic vinegar	cheddar cheese	2X Rolls filo pastry	1 Chicken breast
150g cherry tomatoes	ground coriander	1x burrata cheese		170g pork mince
1x cucumber	cumin seeds	1xg gorgonzola cheese		170g beef mince
3x carrot	paprika	250 double cream		1x pkt bacon
1 x spring onions	cayenne	4 ml parmesan cheese		2x chicken legs
25g black olives	1 x Red kidney beans	240g feta cheese		
5g capers	1x tomato passata	240g ricotta cheese		
2 X Basil	1 chopped tomatoes	1x17 eggs		
25ml olive oil	1x pkt farfalle pasta	60g sour cream		
3 x onion	oregano	120g Greek yoghurt		
3 x garlic	1x tortilla pieces	160ml milk		
1 x red chili	baking powder	50ml cream		
Sage	150g sweet corn			
1x red onion	1x pkt of rice			
1x pepper any colour	1x tomato paste			
1x olive oil	1x 400 peeled tomatoes			
1x celery stick	bay leaves			
Rosemary	1x chicken cubes			
Thyme	cornflour			
parsley	cooking white wine			
2 x potatoes				

NOTE: Always check your cupboards before you go shopping