

Week 3 - 23rd January – 29th January

Dinner Main Plan Shopping List

(herbs used can be fresh or dried and always remember to wash raw vegetables)

Fruit & Vegetables

Baby new potatoes (850g)
Baby plum or cherry tomatoes (20)
Basil (5g)
Bay leaf (1)
Broccoli (1 head + 1/2 small head - you need 600g florets in total)
Carrots (7)
Celery stick (1)
Chives (5g)
Flat-leaf parsley (10g)
Garlic cloves (6)
Green beans (900g)
Lime (1)
Onions (2 small)
Orange (1 small)
Pak choi (120g)
Potatoes (250g)
Red chilli (1)
Red onions (2 small)
Red pepper (1)
Root ginger (1 knob - you need 1 tbsp thinly sliced)
Scallions (2)
Sweet potatoes (300g)
Yellow pepper (1)

Fresh Produce

Butter (30g)
Chicken fillets (skinless – 2)
Cooked diced chicken (leftovers or shop-bought – 100g)
Eggs (6)
Fresh breadcrumbs (15g)
Low fat milk (1.5% fat- 135ml)
Pork loin chops (well trimmed - 2)
Rindless bacon rashers (well trimmed - 3)
Salmon fillets (boneless and skinless – 2 x each about 150g)

Dried Goods

Balsamic vinegar (30g)
Chopped tomatoes (400g tin)
Coconut milk (160g tin)
Dried chilli flakes (2.5g)
Dried oregano (5g)
Dried thyme (5g)
Freshly ground black pepper
Ground cumin (1.25g)

Natural skinned peanuts (25g)
Paprika (sweet or smoked - 7.5g)
Plain flour (15g)
Rapeseed oil (82.5g)
Reduced sodium soy sauce (10g)
Salt (if using)
Wholegrain brown rice (100g)
Wholewheat spaghetti (100g)