

## **Week 4 - 30<sup>th</sup> January – 5<sup>th</sup> February**

### **Dinner Main Plan Shopping List**

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

#### **Fruit & Vegetables**

Baby new potatoes (550g)  
Baby spinach leaves (360g)  
Baby plum or cherry tomatoes (20 + 400g cherry tomatoes)  
Basil (5)  
Beansprouts (100g)  
Carrots (7 + 1 large)  
Celery sticks (4)  
Chives (5g – if making vinaigrette)  
Courgettes (3)  
Cucumber (½)  
Flat-leaf parsley (5g)  
Garlic cloves (9)  
Green pepper (1)  
Leeks (2)  
Lime (1)  
Onion (1 + 1 small)  
Pak choi (540g)  
Potatoes (Rooster or Maris Piper - 300g)  
Red chilli (optional - 1)  
Red onion (1 small)  
Red pepper (1)  
Root ginger (1 knob - you need 5g of finely grated + 5g of matchsticks)  
Rosemary (5g or use dried)  
Sage (5g – or use 2.5g dried)  
Scallions (3)  
Sugar snap peas (50g)  
Tomatoes (2 ripe)  
Yellow pepper (1)

#### **Fresh/Frozen Produce**

Butter (35g)  
Chicken fillets (skinless – 2)  
Chicken thighs (skinless still on the bone - 4)  
Eggs (2)  
Frozen peas (100g)  
Gran Moravia cheese (or another vegetarian Parmesan style alternative – 45g)  
Grated mozzarella cheese (80g)  
Lean steak mince (200g)  
Low fat milk (1.5% fat – 25ml)  
Raw tiger prawns (160g)  
Ricotta cheese (250g)  
Sirloin steak (well trimmed – 200g)

**Dried Goods**

Balsamic Vinegar (30g + 30g if making vinaigrette)

Dried chilli flakes (1.25g)

Freshly ground black pepper

Hoisin sauce (30g)

Honey (5g – if making vinaigrette)

Pitted green olives (35g)

Plain flour (15g)

Rapeseed oil (120g + 50g if making own vinaigrette - cold-pressed for a stronger flavour)

Reduced salt chicken stock cube (1/2)

Reduced sodium soy sauce (37.5g)

Salt (if using)

Sesame seeds (7.5g)

Sweet chilli sauce (from a bottle – 60g)

Tomato puree (22.5g)

Wholegrain mustard (15g – if making vinaigrette)

Wholewheat noodles (dried - 200g)

Worcestershire sauce (15g)

Wholewheat lasagne sheets (160g)

Wholewheat spaghetti (100g)

Vinaigrette salad dressing (30g – or make your own)