

Shopping List (Week 8)

Day	Date	Recipe
47	26 February (Monday)	Pad Thai
48	27 February (Tuesday)	Spinach and Feta Frittata
49	28 February (Wednesday)	Paprika Pork Tenderloin with Potatoes

MEAT/FISH

Prawns (fresh or frozen)
Pork Tenderloin

QUANTITY

160g
250g

VEG/FRUIT/HERBS

Onions
Garlic Cloves
Scallions
Baby Spinach Leaves
Potatoes
Beansprouts
Green Beans
Basil Leaves
Coriander Leaves
Courgette
Lemon

QUANTITY

1 (half needed)
2
4
2 handfuls
450g
50g
400g
1 Handful
1 Handful
1
1

DAIRY

Low Fat Milk
Butter
Eggs
Feta

QUANTITY

1 Carton
1 Small Tub
4
1 Packet

CANNED GOODS & SUNDRIES

Cashew Nuts
Wholewheat Noodles
Thai Fish Sauce
Chilli Powder
Rapeseed Oil
Olive Oil
Paprika
Smoked Paprika
Honey

QUANTITY

1 Bag
1 Bag
1 Bottle
1 Jar
1 Bottle
1 Bottle
1 Jar
1 Jar
1 Jar

