

Week 5 - 6th February – 12th 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 (300g)
Baby spinach leaves (280g)
Beansprouts (100g)
Broccoli (1 head - you need 400g florets)
Butternut squash (1)
Carrot (1 large)
Celery sticks (2)
Chives (7g + 5g - if making vinaigrette)
Coriander (5g)
Courgette (1)
Cucumber (¼)
Flat-leaf parsley (22g)
Garlic cloves (4)
Leeks (2)
Lime (1)
Little Gem lettuce (1)
Long sweet red pepper (1)
Mixed vegetables (you need 750g – choose from a selection of carrot, broccoli and cauliflower)
Onions (1 + 2 small)
Pak choi (270g)
Potatoes (500g)
Red pepper (1)
Root ginger (1 small knob - you need 5g of finely grated)
Scallions (5)
Shitake mushrooms (or use chestnut or ordinary - 200g)
Sugar snap peas (50g)
Tomato (1 ripe)
White cabbage (200g piece)
Yellow pepper (1)

Fresh Produce

Butter (45g)
Cheddar cheese (40g)
Cooked chicken slices (leftovers or shop-bought -100g)
Eggs (2)
Low fat milk (1.5% fat - 600ml)
Mixed boneless fish fillets (use any firm white fish or salmon – 600g)
Mozzarella cheese (125g ball or use ready-grated)
Natural yoghurt (3% fat - 75g)
Pizza base (readymade such as Pizza da Piero – 1 x 120g)
Pork steak (lean and well trimmed - 200g)
Pork tenderloin (well trimmed – 200g)

Dried Goods

Balsamic vinegar (30g - if making vinaigrette)
Chopped tomatoes (400g tin + 200g tin or use ½ 400g tin)
Curry powder or paste (7.5g)
Dried mixed herbs (5g)
English mustard (5g)
Freshly ground black pepper
Ground almonds (30g)
Hoisin sauce (22.5g)
Honey (5g- if making vinaigrette)
Macaroni pasta (100g)
Natural skinned peanuts (10 - 10g)
Orange marmalade (15g)
Pizza sauce (from a can or jar such as Mutti - 100g)
Plain flour (50g)
Rapeseed oil (65g + 50ml if making own vinaigrette – cold-pressed for a stronger flavour)
Reduced sodium soy sauce (15g)
Reduced salt chicken stock cube (1/4)
Rice vinegar (22.5g)
Salt (if using)
Sesame seeds (7.5g)
Tomato puree (2.5g)
Vinaigrette salad dressing (shop-bought – 15g or make your own)
Wholegrain brown rice (160g)
Wholegrain mustard (15g - if making vinaigrette)
Wholewheat noodles (dried - 100g)