

Week 7 - 20th February – 27th 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 (500g)
Baby spinach leaves (50g)
Basil (5g)
Butternut squash (1)
Carrots (5)
Celery stick (1)
Cherry tomatoes (500g)
Chives (5g – if making vinaigrette)
Coriander (10g)
Courgette (1 large)
Cucumber (1/4)
Garlic cloves (4)
Green beans (200g)
Fennel bulbs (2)
Flat-leaf parsley (5g)
Leeks (3)
Lemon (optional – 1/2)
Mushrooms (chestnut or ordinary – 200g)
Onion (1 small)
Red pepper (1)
Scallions (1 bunch)
Sugar snap peas (480g)
Turnip (1 small)

Fresh Produce

Chicken fillets (4 skinless)
Chicken thighs (4 skinless on the bone)
Cod fillets (boneless and skinned – 2 x 200g)
Eggs (5)
Lean steak mince (200g)
Light cream cheese (such as Philadelphia – 60g)
Low fat milk (1.5% fat – 25ml)
Raw peeled tiger prawns (300g)
Ricotta cheese (50g)

Dried Goods

Balsamic vinegar (30g – if making vinaigrette)
Black beans (½ 400g tin – 120g drained)
Chilli powder (6.25g)
Chopped tomatoes (200g tin or ½ 400g tin)
Coconut milk (160g tin)
Couscous (wholemeal if possible – 80g)
Curry paste or powder (2.5g)
Freshly ground black pepper

Ground cumin (5g)
Ground coriander (2.5g)
Ground turmeric (2.5g)
Honey (5g – if making vinaigrette)
Raisins (35g)
Rapeseed oil (62g + 50ml if making own vinaigrette - cold-pressed for a stronger flavour)
Reduced salt chicken stock cubes (1 1/2)
Salt (if using)
Sun-dried tomato pesto (from a jar or tube – 10g)
Tomato puree (15g)
Vinaigrette salad dressing (shop-bought or make your own – 5g)
Wholegrain brown rice (140g)
Wholegrain mustard (15g + 15 if making vinaigrette)
Wholewheat fusilli pasta (100g)