

## **Week 1 - 9<sup>th</sup> January – 15<sup>th</sup> 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 (550g)  
Baby spinach leaves (130g)  
Basil leaves (5g)  
Broccoli (1 small head - you need 240g florets)  
Butternut squash (1/2 - you need 240g cubes)  
Celery sticks (2)  
Cherry tomatoes (10)  
Chives (5g optional + 5g if making vinaigrette)  
Coriander leaves (5g)  
Cucumber (1/4)  
Garlic cloves (5)  
Green peppers (3)  
Lime (1)  
Mushrooms (200g - chestnut or ordinary)  
Onion (2 small)  
Red onion (1 1/2 small)  
Red peppers (6)  
Root ginger (1 small knob - you need 5g freshly grated)  
Scallions (4)  
Tomato (1 ripe)  
Yellow peppers (2)

#### **Fresh Produce**

Butter (25g)  
Cheddar cheese (60g)  
Chicken fillets (skinned - 4)  
Low fat milk (1.5% fat – 200ml)  
Natural yoghurt (3% fat) – 115g)  
Pork loin chops (well trimmed - 2)  
Salsa (chilled – 30g)  
Sirloin steak (lean – 200g)

#### **Dried Goods**

Balsamic vinegar (30g – if making vinaigrette)  
Chinese five-spice powder (2.5g)  
Chopped tomatoes (400g tin)  
Coconut milk (2 x 160g tins)  
Cornflour (5g)  
Dijon mustard (or use tomato puree - 10g)  
Dried basil (5g or use fresh)  
Dried chilli flakes (2.5g)  
Freshly ground black pepper  
Ground cumin (10g)  
Honey (5g – if making own vinaigrette)

Kidney beans (200g tin or use ½ 400g tin)  
Mango chutney (40g)  
Natural peanut butter (5g - preferably crunchy with no added sugar & salt – check the label the sugar should be no more than 5g per 100g)  
Natural skinned peanuts (10g)  
Paprika (sweet or smoked – 5g)  
Plain flour (25g)  
Rapeseed oil (60g + 50g if making own vinaigrette – cold-pressed for stronger flavour)  
Reduced sodium soy sauce (30g)  
Salt (if using)  
Sriracha chilli sauce (optional - 7.5g)  
Sweetcorn (200g tin - salt free)  
Tuna (in spring water - 130g tin)  
Wholegrain mustard (30g + 15g if making own vinaigrette)  
Wholemeal wraps (4)  
Wholewheat noodles (dried - 100g)  
Wholewheat penne pasta (80g)  
Wholewheat spaghetti (80g)  
Vinaigrette salad dressing (15g - or make your own)