

## **Week 2 - 16<sup>th</sup> January – 22<sup>nd</sup> January**

### **Dinner Vegetarian Plan Shopping List**

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

#### **Fruit & Vegetables**

Baby new potatoes (300g)  
Baby spinach leaves (105g)  
Basil (5g)  
Broccoli (1/2 small head)  
Carrots (2)  
Cherry tomatoes (190g)  
Chives (5g)  
Coriander (20g)  
Courgettes (2 + 1 small)  
Garlic cloves (3)  
Green beans (50g)  
Lemon (1/2)  
Limes (1 1/2)  
Little Gem lettuce (50g)  
Long sweet red pepper (1)  
Mint (5g)  
Mixed salad leaves (50g)  
Mushrooms (chestnut or ordinary - 350g)  
Onions (2 + 3 small)  
Potato (200g + 200g leftover cooked potatoes)  
Red chilli (2)  
Red onion (1)  
Red peppers (3)  
Root ginger (1 knob - you need 1 tbsp finely grated)  
Scallions (4)  
Sweet potato (250g)  
Yellow pepper (1)

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

Butter (15g)  
Eggs (9)  
Feta cheese (50g)  
Frozen peas (80g)  
Frozen sweetcorn (200g)  
Low fat milk (1.5% fat – 60ml)  
Natural yoghurt (3% fat – 75g)  
Quorn mince (fresh or frozen – 150g)

#### **Dried Goods**

Black beans (400g tin)  
Chickpeas (400g tin + 200g or use ½ 400g tin)  
Chilli powder (7.5g)  
Chopped tomatoes (3 x 400g tins)  
Curry paste or powder (9.5g)  
Dried basil (2.5g)

Dried chilli flakes (2.5g)  
Dried oregano (7.5g)  
Dried parsley (2.5g)  
Freshly ground black pepper  
Ground cumin (8.75g)  
Ground turmeric (2.5g)  
Honey (20g)  
Pineapple chunks in natural juice (200g tin)  
Plain flour (55g)  
Rapeseed oil (105g)  
Reduced salt vegetable stock cube (3/4)  
Reduced sodium soy sauce (32.5g)  
Rice vinegar (15g)  
Salt (if using)  
Tomato puree (30g)  
Unsalted cashew nuts (50g)  
Wholemeal pitta bread (oval – 1)  
Wholemeal pitta breads (round - 50g each)  
Wholewheat noodles (dried – 100g)  
Wholewheat spaghetti (100g)