

Week 4 - 30th January – 5th February
Dinner Vegetarian Plan Shopping List

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

Fruit & Vegetables

Baby plum or cherry tomatoes (20 + 500g cherry tomatoes)
Baby spinach leaves (535g)
Basil (5g)
Beansprouts (100g)
Carrots (2 + 1 large)
Celery sticks (4)
Cherry tomatoes (400g)
Chives (5g – if making vinaigrette)
Courgettes (3)
Cucumber (3/4)
Garlic cloves (9)
Leeks (2)
Lemon (1/2)
Lime (1)
Long sweet pepper (1)
Mushrooms (chestnut or ordinary - 200g)
Onion (1)
Pak choi (540g)
Potatoes (Rooster or Maris Piper - 300g)
Red chilli (optional - 1)
Red onion (1 small)
Red pepper (1)
Root ginger (1 knob - you need 5g of finely grated + 5g matchsticks)
Scallions (3)
Sugar snap peas (50g)
Tomatoes (2 ripe)
Yellow pepper (1)

Fresh/Frozen Produce

Butter (35g)
Eggs (7)
Firm tofu (drained – 150g)
Frozen peas (100g)
Gran Moravia cheese (or another vegetarian Parmesan style alternative – 45g)
Grated mozzarella cheese (80g)
Light cream cheese (such as Philadelphia - 125g)
Low fat milk (1.5% fat – 50ml)
Quorn mince (fresh or frozen - 200g)
Ricotta cheese (270g)

Dried Goods

Balsamic vinegar (30g + 30g if making vinaigrette)
Dried chilli flakes (1.25g)

Dried oregano (1.25g)
Freshly ground black pepper
Hoisin sauce (30g)
Honey (5g– if making vinaigrette)
Natural skinned peanuts (10g)
Plain flour (15g)
Rapeseed oil (100g + 50g if making own vinaigrette - cold-pressed for a stronger flavour)
Reduced salt vegetable stock cube (1)
Reduced sodium soy sauce (52.5g)
Sesame seeds (7.5g)
Salt (if using)
Tomato puree (7g)
Wholegrain mustard (15g – if making vinaigrette)
Wholewheat fusilli or penne pasta (120g)
Wholewheat lasagne sheets (160g)
Wholewheat noodles (dried - 200g)
Wholewheat spaghetti (100g)
Vinaigrette salad dressing (35g – or make your own)