

## **Week 5 - 6<sup>th</sup> February – 12<sup>th</sup> February**

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

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

#### **Fruit & Vegetables**

Baby courgettes (125g packet or use 1 courgette)  
Baby spinach leaves (130g)  
Beansprouts (100g)  
Broccoli (1 small head – you need 200g florets)  
Butternut squash (1)  
Carrot (1 large)  
Chives (15g + 5g extra if making vinaigrette)  
Coriander (5g)  
Cucumber (¼)  
Flat-leaf parsley (15g)  
Garlic cloves (4)  
Green beans (250g)  
Lemon (1)  
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)  
Mushrooms (chestnut or ordinary – 440g)  
Onions (2 small)  
Pak choi (270g)  
Red chilli (1 - optional)  
Red onion (1 small)  
Red pepper (1 small)  
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)

#### **Fresh Produce**

Butter (15g)  
Cheddar cheese (40g)  
Eggs (3)  
Feta cheese (100g)  
Firm tofu (drained – 200g)  
Fresh goat's cheese (125g)  
Low fat milk (1.5% fat - 270ml)  
Natural yoghurt (3% fat - 75g)  
Pizza base (readymade such as Pizza da Piero – 1 x 120g)

#### **Dried Goods**

Balsamic vinegar (30g - if making vinaigrette)

Chopped tomatoes (200g tin or use ½ 400g tin)  
Couscous (wholemeal if possible – 80g)  
Curry powder or paste (7.5g)  
English mustard (5g)  
Freshly ground black pepper  
Ground almonds (30g)  
Hoisin sauce (22.5g)  
Honey (5g - if making vinaigrette)  
Macaroni pasta (100g)  
Natural peanut butter (15g - preferably crunchy with no added sugar & salt – check the label the sugar should be no more than 5g per 100g)  
Natural skinned peanuts (10 - 10g)  
Pizza sauce (from a can or jar such as Mutti - 100g)  
Plain flour 20g  
Rapeseed oil (80g + 50ml if making own vinaigrette – cold-pressed for a stronger flavour)  
Reduced sodium soy sauce (30g)  
Rice vinegar (27.5g)  
Salt (if using)  
Sesame seeds (12.5g)  
Tomato puree (2.5g)  
Unsalted cashew nuts (25g)  
Vinaigrette salad dressing (shop-bought – 15g or make your own)  
Wholegrain brown rice (240g)  
Wholegrain mustard (15g - if making vinaigrette)  
Wholewheat noodles (dried - 100g)