

## SHOPPING LIST, WEEK 1

### Fruit & Veg

- 2 Red Onions
- 3 Brown onions
- 500g bag of new potatoes
- Potatoes for Sunday roast potatoes
- 2 Garlic bulbs
- 2 Large Aubergines
- 800g Cherry Tomatoes
- Spinach or rocket salad (1 bag)
- 200g baby spinach
- Large Cos or Romaine lettuce
- Carrots or cabbage to go with Toad in the Hole
- Vegetables for Sunday roast
- 250g Chestnut mushrooms
- 200g green beans
- 200g tender stem broccoli
- Bunch of coriander
- Bunch of parsley
- 1 lemon
- 1 pomegranate

### Baking

- 3 eggs
- Plain flour (225g)
- Wholemeal loaf (small)
- 1 medium Ciabatta loaf
- Runny honey

### Fridge

- Fat Free Natural Yoghurt (450g)
- 300ml milk
- 25g unsalted butter
- Bag of grated Parmesan or Grana Padano
- Medium block of Parmesan or Grano Padano cheese
- Fresh pesto (1 tub)

### Frozen

- Chips (or potatoes if you want to make your own or rice as a substitute for ribs on Saturday)

### Meat/Fish

- 8 sausages
- 2 chicken breasts
- 4 firm white fish, 120g each (could use frozen fish)
- 1kg small, lean pork ribs
- Joint for a roast

### Dry Ingredients

- Virgin Olive Oil or Virgin Rapeseed Oil
- Balsamic vinegar
- White wine vinegar
- Cumin Seeds
- 300g Brown Rice
- Vegetable stock (Marigold or stock pots)
- Beef stock (I usually use the stock pots)
- 500g carton passata
- Reduced salt soy sauce
- Worcestershire sauce
- Harissa paste (you can get in most supermarkets or through Amazon)
- Rose Water
- Jar of olives with stone in
- 60g shelled pistachios
- English Mustard
- Dried porcini mushrooms
- 300g risotto rice e.g. Arborio
- Small bottle of white wine (or large if you want to tuck in!)
- Tin of anchovies
- Mayonnaise