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Shopping List

Baked products

Breadcrumbs - 150g

Pitta breads - 4

Tortilla wraps - 8

Beverages

Sparkling water - 200 mls

Dairy and egg products

Cheese (Mozarella) - 200g

Sour cream - 100 mls

Milk - 75 mls

Finfish and shellfish products

White fish (haddock) - 300g

Fruits and fruit juices

Lemons - 1

Lamb, veal and game products

Lamb mince - 350g

Sauces

Salsa - 100 mls

Nut and seed products

Almonds - 25g

Poultry products

Chicken fillets - 3

Vegetables and vegetable products

Carrots - 3



Cherry tomatoes - 1 packs
Chopped tomatoes - 1 can
Cucumber - 1
Green pepper - 1
Lettuce - 2
Red onion - 1
Red pepper - 2
Spring onions - 4
Waxy potatoes - 4
Yellow pepper - 1

Store cupboard

Chickpeas - 2 cans
Baking powder - 20g
Corn flour - 55g
Plain flour - 150g
Self-raising flour - 100g
Cheese - 50g
Eggs - 3
Olive oil - 2 tblsp
Tomato chutney - 4 tblsp
Turmeric powder - 4 pinches
Chilli powder - 1 tsp
Smoked paprika - 1 tsp
Cumin - 3 tsp
Garlic powder - 1 / 2 tsp
Garlic puree - 3 tsp
Ground coriander - 1 tsp
Ground cumin - 1 / 2 tsp
Coriander (leaves) - 1 / 2 tsp
Dried chilli - 1 tsp
Mixed dried herbs - 1 tsp