

Shopping List

Oils & Fats

Butter
Olive oil
Sesame oil

Baking

Baking powder
Baking soda
Cornstarch
Plain flour
Sugar
Vanilla extract

Spices

Chilli powder
Dried basil leaves
Dried rosemary
Dried thyme
Ground cumin
Ground turmeric
Red pepper flakes
Sage leaves
Salt & pepper
Smoked Paprika
Yellow curry powder

Tins

Can of black beans
Carton of tomato passata
Coconut milk x 2
Jalapeno pepper
Tin of sweetcorn

Misc

Chicken stock cube /
liquid
Coconut water
Flour tortillas
Hoisin sauce
Honey
Marmite
Miso
Peanut butter or
Tahini
Raw cashews
Rice vinegar
Soy sauce
White wine

Fruit + Vegetables

Avocado
Broccoli
Fresh Coriander
Fresh ginger
Frozen Peas
Garlic bulbs
Lemon
Mushrooms
Onion
Pineapple - fresh, frozen
or tinned
Red onions
Shallots
Spinach
Spring Onions
Sweet potatoes

Meat

Chicken thighs
Prosciutto
Turkey, pork or beef mince

Dairy

Cheese
Parmesan
Sour cream

Pulses / Dry goods

Egg or rice noodles
Spaghetti
Tagliatelle