

# Shopping List

## Oils & Fats

Butter  
Olive oil  
Ghee (or use butter)

## Baking

Baking soda  
Brown sugar  
Dates  
Eggs  
Flour  
Granulated sugar  
Oats  
Vanilla

## Spices

Bay leaf  
Cayenne pepper  
Chilli powder  
Dried chilli flakes  
Dried oregano  
Garlic powder  
Ground cinnamon  
Ground cumin  
Onion powder  
Salt & pepper  
Smoked paprika

## Tins

Tin of red kidney beans  
Tin of sweetcorn  
Tin of tomato sauce  
Tin of tomato pasta sauce  
Jalapeño pepper

## Misc

Chicken stock  
Honey  
Mustard  
Peanut butter

## Dairy

Cheddar  
Double cream x 2  
Gruyere cheese  
Milk  
Parmesan  
Ricotta  
Sour cream

## Pulses / Dry goods

Fresh or dried lasagne  
Quinoa  
Rice

## Fruit + Vegetables

Avocado  
Beetroot (uncooked)  
Broccoli  
Carrots  
Cauliflower  
Celery  
Courgette  
Fennel bulb  
Flat leaf parsley  
Fresh coriander  
Fresh thyme  
(if not, use dried)  
Frozen peas  
Garlic bulbs  
Green pepper  
Leek  
Lemon  
Lime  
Mango  
Mushrooms  
Onions  
Parsnip  
Potato  
Red onion  
Root ginger  
Sweet potato x 3

## Meat / Fish

Cooked cold chicken  
Ham  
Salmon