

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