

# Fast Food Week 1

## SHOPPING LIST

### FRESH VEG

4lbs / 2kg carrots  
6 onions  
1 red onion  
1 bunch spring onions  
2 parsnips  
3 leeks  
4 bunches asparagus spears  
8 heads broccoli  
1 small cauliflower  
2 turnips  
1 sweet potato  
4 large portobello mushrooms  
2 courgettes  
1 green pepper  
2 small avocados  
2 large avocados  
18oz / 500g green beans  
3 cucumbers  
1 bulb fennel  
1 head pak choi  
1 bunch of kale  
1 bunch / bag of watercress  
1 bag of spinach  
7oz / 200g bag baby spinach  
2 bags rocket  
1 head romaine lettuce  
2 heads of little gem lettuce  
1 head of celery  
1 bag or bunch of radishes  
1 punnet cherry tomatoes  
1 beef tomato  
2 trays shop bought salad  
2 bulbs of garlic

### FRUIT

9 apples  
2 oranges (for juice)  
1 punnet blueberries  
1 punnet strawberries  
6 lemons  
1 lime  
1 mango  
1 pineapple  
1 small bunch grapes  
4 1/2oz / 130g Medjool dates

### DRIED FRUIT

Raisins (225g for recipes)  
Apricots (115g for recipes)  
Sultanas

Dates (115g for recipes)

Figs (250g for recipes)

### FISH

4 salmon steaks  
7oz / 200g smoked salmon  
4 x 160g / 5 1/2oz sea  
bream fillets  
1 pack (210g) hot smoked  
mackerel fillets  
2 cans tuna in spring water

### NUTS + SEEDS

Flaxseeds  
Chia seeds  
Sunflower seeds  
Pumpkin seeds  
Almonds (185g for recipes)  
Cashews (115g for recipes)  
Walnuts  
Hazelnuts  
Brazil nuts

### DREID HERBS + SPICES

Oregano  
Ground coriander  
Dried mixed herbs  
Vanilla seeds  
Cinnamon  
Ground ginger  
Ground cumin  
Smoked paprika  
Chilli powder  
1 small dried chilli  
Curry powder  
Cayenne pepper  
Garlic powder

### FRESH HERBS + SPICES

Parsley  
Rosemary  
Coriander  
Root ginger  
1 stalk lemongrass

### OTHER

6 eggs  
1 Nakd bar  
Maca powder  
Nori strips  
Tamari  
Vanilla extract  
4 cans (400g) chopped  
tomatoes

8oz / 225g frozen mixed  
vegetables

Vegetable stock / stock  
cubes / powder

Himalayan salt

Black pepper