

Fast Food Week 2

SHOPPING LIST

FRESH VEG

3 carrots
4 onions
1 bunch spring onions
2 shallots
4oz / 115g peas (fresh or frozen)
11/2lbs / 700g sweetcorn kernels (fresh or frozen)
31/4lbs / 1.5kg parsnips
1 small red beetroot
1 leek
1 head broccoli
2 medium cauliflowers
2lbs / 1kg potatoes
1 sweet potato
4 chestnut mushrooms
6 mushrooms
6 button mushrooms
4 portobello mushrooms
2 courgettes
1 green pepper
1 red pepper
1 yellow pepper
1 tray pre-prepared Mediterranean vegetables
1 bag prepared stir-fry veg
1 avocado
6oz / 170g green beans
1 cucumber
1 bunch of kale
1 bag spinach
7oz / 200g bag baby spinach
1 bag of watercress
1 bag baby rocket leaves
1 head of celery
1 punnet cherry tomatoes
1 large tomato
1 tray of salad from supermarket salad bar
2 bulbs of garlic

FRUIT

4 apples
1 banana
1 pound plantains or green bananas
1 punnet strawberries
1 punnet raspberries

1 punnet blackberries
1 lemon
2 limes
1lb / 500g grapes
1 pot prepared chopped fruit

DRIED FRUIT

Raisins (225g for recipes)
Apricots (115g for recipes)
Sultanas
Dates (115g for recipes)
Figs (250g for recipes)

FISH

4oz / 115g smoked salmon
6-8 scallops
7oz / 200g cooked and peeled prawns
4 x 6oz / 170g halibut fillets

NUTS & SEEDS

Flaxseeds
Chia seeds
Sunflower seeds (200g for recipes)
Pumpkin seeds (300g for recipes)
Almonds (250g for recipes)
Cashews
Walnuts
Hazelnuts
Brazil nuts

DREID HERBS & SPICES

Marjoram
Oregano
Ground coriander seeds
Basil
Tarragon
Sage
Bouquet garni
Dried mixed herbs
Cinnamon
Ground ginger
Turmeric
Ground cumin
Curry powder
Chilli powder
Chinese 5 spice

FRESH HERBS & SPICES

Coriander
Mint
Basil
Root ginger

OTHER

1lb / 450g quinoa
9oz / 250g quinoa flakes or brown rice
1 bag (250g) ready cooked brown rice
7oz / 200g wholemeal pasta
3 1/2oz / 100g wholemeal spaghetti
21/2oz / 75g porridge oats
8 eggs
1 large (500g) pot natural yogurt
2 small pots natural yogurt
1 Nakd bar
Psyllium husk powder
Nori strips
4 cans (400g) chopped tomatoes
Tomato puree
1 jar capers
1 jar / packet black olives
1 jar / packet sundried tomatoes
Vegetable stock / stock cubes / powder
Himalayan salt
Black pepper
Extra virgin olive oil
Coconut oil