Summer Week 2

SHOPPING LIST

FRESH VEG

7 carrots
3 onions
1 red onion
2 bunches spring onions
4 shallots
6oz / 175g peas (fresh or frozen)
1 1/2 lbs / 700g sweetcorn kernels (fresh or frozen)
1 1/2 lbs / 750g parsnips
1 small red beetroot
1 leek
1 bunch asparagus spears
2 heads broccoli
2 medium cauliflowers
1 medium white cabbage
1 medium red cabbage
4lbs / 2kg potatoes
4 sweet potatoes
4 chestnut mushrooms
6 mushrooms
6 button mushrooms
2 large courgettes
1 green pepper
1 yellow pepper
1 tray pre-prepared Mediterranean vegetables (or buy extra veg to prep your own)
3oz / 85g bean sprouts
1 avocado
6oz / 170g green beans
2 cucumbers
1 bunch of kale
2 bags spinach
2 x 200g bag of watercress
1 bag baby rocket leaves
2 heads of little gem lettuce
2 heads of celery
1 punnet cherry tomatoes
1 bulb fennel
2 bulbs of garlic

FRUIT

7 apples
1 banana
1 pound plantains or green bananas
1 pear
2 kiwi fruit
1 punnet strawberries
1 punnet raspberries
1 punnet blackberries
4 lemons
1 lime
4oz / 115g red grapes
4oz / 115g green grapes
1 pot prepared chopped fruit (or buy extra fruit to prep your own)

DRIED FRUIT

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

FISH

4oz / 115g smoked salmon
6-8 scallops
2 cod steaks, approx. 1 inch thick, 6oz/170g
4 salmon steaks

NUTS & SEEDS

Flaxseeds
Chia seeds
Sunflower seeds (200g for recipes)
Pumpkin seeds (300g for recipes)
Almonds (365g for recipes)
Cashews (115g for recipes)
Walnuts
Hazelnuts
Brazil nuts

DREID HERBS & SPICES

Thyme
Marjoram
Oregano
Caraway seeds
Basil
Tarragon
Sage
Dried mixed herbs
Cinnamon
Ground ginger
Nutmeg
Ground mixed spice
Garlic powder

FRESH HERBS & SPICES

Parsley
Coriander
Mint
Root ginger

OTHER

1lb / 450g quinoa
9oz / 250g quinoa flakes or brown rice
3oz / 85g wholemeal pasta
2 1/2 oz / 75g porridge oats
6 eggs
2 large (500g) pots natural yogurt
1 small pot natural yogurt
1 small pot fromage frais
Greek yogurt
Almond nut butter
1 Nakd bar
Maca powder
Psyllium husk powder
Nori strips
Vanilla extract
2 cans (400g) chopped tomatoes
Wasabi paste
Light soy sauce
1 jar basil pesto
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