Vegetarian Week 2

SHOPPING LIST

FRESH VEG

3lbs / 1.5kg carrots
4 onions
2 bunches spring onions
5 shallots
10oz / 280g peas (fresh or frozen)
1 1/2lbs / 700g sweetcorn kernels (fresh or frozen)
6oz / 170g baby sweetcorn
3 1/4 lbs / 1.5kg parsnips
1 small red beetroot
4 leeks
1 head broccoli
2 medium cauliflowers
1 medium white cabbage
1 medium red cabbage
1 celeriac
4lbs / 2kg potatoes
4 sweet potatoes
8oz / 225g chestnut mushrooms
6 button mushrooms
1 green pepper
2 red pepper
1 tray pre-prepared Mediterranean vegetables (or buy extra veg to prep your own)
3oz / 85g bean sprouts
1 avocado
1 cucumber
1 bunch of kale
1 bag spinach
7oz / 200g bag of watercress
1 bag baby rocket leaves
2 heads of celery
1 punnet cherry tomatoes
1 large tomato
2 bulbs of garlic

FRUIT

5 apples
1 banana
1 pound plantains or green bananas
1 punnet strawberries
1 punnet raspberries
1 punnet blackberries
3 lemons

DRIED FRUIT

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

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

Bay leaves
Thyme
Marjoram
Oregano
Caraway seeds
Basil
Ground coriander seeds
Tarragon
Sage
Bouquet garni
Dried mixed herbs
Cinnamon
Ground ginger
Ground mixed spice
Paprika
Chilli
Curry powder
Turmeric
Garlic powder

FRESH HERBS & SPICES

Coriander
Mint
Root ginger

OTHER

12oz / 340g quinoa
9oz / 250g quinoa flakes or brown rice
7oz / 200g wholemeal pasta
2 1/2oz / 75g porridge oats
4fl oz / 125ml brown basmati rice
3 eggs
2 large (500g) pots natural yogurt
1 small pot natural yogurt
1 small pot fromage frais
1 Nakd bar
Maca powder
Psyllium husk powder
Nori strips
2 cans (400g) chopped tomatoes
Wasabi paste
Light soy sauce
Tomato puree
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