Winter Week 1

SHOPPING LIST

FRESH VEG

5lbs / 2 1/2kg carrots
6 onions
2 red onions
2 bunches spring onions
4 parsnips
3 leeks
4 bunches asparagus spears
7 heads broccoli
1 small cauliflower
1 bag of spinach
2 turnips
1 swede
6 sweet potatoes
8 large portobello mushrooms
2oz / 60g shiitake mushrooms
2oz / 60g mangetout
1 red chilli
1 green pepper
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
2 bags rocket
1 head romaine lettuce
2 heads of little gem lettuce
2 heads of celery
1 bag or bunch of radishes
1 punnet cherry tomatoes
1 beef tomato
1 tray shop bought salad (or buy extra veg to prep your own)
5 bulbs of garlic

FRUIT

11 apples
2 oranges (for juice)
1 punnet blueberries
6 lemons
1 lime
1 mango
1 pineapple
1 small bunch grapes
10 dates
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
4 x 160g /5 1/2oz sea bream fillets
7oz / 200g raw tiger prawns
1 pack (210g) hot smoked mackerel fillets
1 can 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
Dried mixed herbs
Vanilla seeds
Cinnamon
Nutmeg
Ground cumin
Smoked paprika
Chilli powder
1 small dried chilli
Chinese 5 spice
Curry powder
Cayenne pepper
Garlic powder

FRESH HERBS & SPICES

Parsley
Rosemary
Coriander
Mint
Root ginger
3 stalks lemongrass

OTHER

21 eggs
Maca powder
Nori strips
35g raw kelp noodles
Dulse or other seaweed / sea vegetable
1 bottle dark soy sauce (sugar free)
Tamari
Vanilla extract
2 cans (400g) chopped tomatoes
8oz / 225g frozen mixed vegetables
Vegetable stock / stock cubes / powder
Himalayan salt
Black pepper