Winter Week 2

SHOPPING LIST

FRESH VEG

5 carrots
6 onions
1 bunch spring onions
3 shallots
10oz / 280g peas (fresh or frozen)
1 1/2 lbs / 700g sweetcorn kernels (fresh or frozen)
6oz / 170g baby sweetcorn
3 1/4 lbs / 1.6kg parsnips
1 small red beetroot
2 leeks
2 heads broccoli
2 medium cauliflowers
1 medium white cabbage
1 medium red cabbage
3lbs / 1.5kg potatoes
10 sweet potatoes
1 celeriac
10oz / 280g chestnut mushrooms
6 mushrooms
6 button mushrooms
2 courgettes
1 green pepper
2 red peppers
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
1 cucumber
1 bunch of kale
1 bag spinach
200g bag baby spinach
2 heads of celery
1 punnet cherry tomatoes
1 large tomato
3 bulbs of garlic
1 bag prepared stir-fry vegetables (or buy extra veg to prep your own)

FRUIT

3 apples
1 banana
1lb plantains or green bananas
3 lemons
2 limes
20 dates

DRIED FRUIT

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

FISH

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

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
1 bag ground almonds

DREID HERBS & SPICES

Bay leaves
Thyme
Marjoram
Caraway seeds
Oregano
Basil
Tarragon
Sage
Ground coriander seeds
Bouquet garni
Dried mixed herbs
Cinnamon
Ground ginger
Nutmeg
Ground mixed spice
Paprika
Ground turmeric
Chinese 5 spice
Medium curry powder
Chilli
Garlic powder

FRESH HERBS & SPICES

Coriander
Mint
Basil
Root ginger

OTHER

12oz / 340g quinoa
9oz / 250g quinoa flakes or brown rice
3 1/2 oz / 100g wholemeal spaghetti
7oz / 200g wholemeal pasta
1 bag ready cooked brown rice
4fl oz / 125ml brown basmati rice
4 eggs
2 large (500g) pots natural yogurt
1 small pot fromage frais
Maca powder
Psyllium husk powder
Nori strips
Vanilla extract
4 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