

DON'T BE ALARMED: YOU DO NOT NEED EVERYTHING ON THIS LIST!
IT WILL DEPEND ON WHICH RECIPES YOU CHOOSE TO USE. MAKE YOUR MEAL PLAN FOR THE WEEK, THEN PRINT THIS LIST AND TICK WHAT YOU NEED TO STOCK UP ON.

FRUIT

- apples
- blackberries
- blueberries
- kiwi
- lemon
- lime
- passionfruit
- raspberries

FRESH HERBS / SPICES

- coriander
- garlic
- ginger
- green chilli
- lemongrass
- parsley
- red chilli
- thyme

VEGETABLES

- avocados
- beansprouts
- beetroot
- broccoli
- broccoli (tenderstem)
- butternut squash
- cabbage (green - sweetheart or savoy)
- cabbage (sweetheart)
- carrot
- cauliflower
- cauliflower rice
- celeriac
- celery
- cherry tomatoes
- courgette / zucchini
- cucumber
- green beans
- kale
- leeks
- mixed leaves
- mushrooms
- onion
- onion (red)
- pak choi
- peppers (red/ orange/ yellow)
- rocket
- shitake mushrooms
- spinach
- spring onions
- sweet potato

PROTEINS

- chicken fillets
- fresh mackerel fillets
- green lentils (dry)
- green lentils (tin)
- kidney beans (tin)
- king prawns
- protein powder (wild berry or vanilla)
- red lentils (dry)
- salmon fillets
- skinless boneless chicken breasts
- smoked peppered mackerel

DAIRY / EGGS / CHILLED

- eggs
- feta cheese
- firm tofu
- hummus
- plain yoghurt
- tzatziki

DAIRY ALTERNATIVES

- almond milk (unsweetened)
- coconut milk
- coconut yoghurt

GRAINS / PASTA

- brown rice noodles
- oats
- quinoa

MISCELLANEOUS

- artichoke hearts
- chicken stock cubes
- chickpeas (tin)
- chopped tomatoes (tin)
- coconut flakes (unsweetened)
- coconut milk (tin)
- cranberries (dried)
- desiccated coconut
- diced tomatoes (tin)
- goji berries
- maca powder
- maple syrup
- mirin
- miso paste
- olives
- rice vinegar
- tahini
- tamari
- tomato passata
- tomato puree
- vegetable bouillon
- vegetable stock

DRIED HERBS / SPICES

- bay leaves
- black pepper
- cayenne pepper
- chilli powder
- cinnamon
- cumin
- cumin seeds
- curry powder
- garam masala
- garlic granules
- ground cardamom
- ground coriander
- mixed herbs
- mixed spice
- nutmeg
- nutritional yeast flakes
- paprika
- parsley
- sea salt
- smoked paprika
- turmeric
- vanilla extract

FROZEN

- frozen peas

NUTS / SEEDS

- almond butter
- almonds
- almonds (flaked)
- cashews
- chia seeds
- flaxseeds
- flaxseeds (ground)
- pecans
- pine nuts
- pumpkin seeds
- sesame seeds
- sunflower seeds
- walnuts

OILS

- coconut oil
- olive oil (extra virgin)
- sesame oil