

goodfood  
healthy diet plan

# shopping list

## fruit

Bananas	7 small	
Blueberries	250g (to top pancakes)	
Lemons	3	
Limes	2	
Pomegranate seeds	60g	

## protein

Eggs	19	
Skinless wild salmon	2 x 150g fillets	
Frozen wild salmon	550g pack	
King prawns (raw)	150g	
Beef steak mince (lean)	400g	
Chicken breasts	6 large	

## oils & sauces

Apple cider vinegar	1 tsp	
Balsamic vinegar	Small bottle	
Chilli sauce	to serve (optional)	
Hummus, plain	to serve (optional)	
Avocado oil spray	Small bottle	
Olive oil	Small bottle	
Rose harissa	Small pot	

## vegetables

Broccoli	320g	
Long-stemmed broccoli	400g	
Carrots	4	
Cauliflower	1/4	
Cherry tomatoes	250g	
Cherry tomatoes on the vine	600g	
Courgettes	4 large	
Fennel	1 bulb	
Fine beans	470g	
Frozen soya beans	350g	
Green chilli	1	
Green pepper	3	
Leeks	400g	
Little Gem lettuces	2	
Onions	6	
Potatoes	500g	
Red onions	1 small	
Red pepper	1	
Spinach	200g	
Spring onions	6	
Tomatoes	4 (large)	

## storecupboard

Baking powder	2 tsp	
Brown basmati rice	735g	
Cannellini beans	2 x 400g cans	
Chopped tomatoes	3 x 400g cans	
Green lentils	1 x 390g can	
Miso paste	1 tsp	
Mixed seeds	6 tsp	
Oats (jumbo)	400g	
Passata	500g carton	
Peanut butter (unsweetened)	3 tbsp	
Pickled red cabbage	(to serve - optional)	
Puy lentils (dried)	80g	
Red kidney beans	1 x 400g + 1 x 210g can	
Sesame seeds	1/2 tsp	
Spaghetti	180g	
Tomato purée	2 tbsp	
Vanilla extract	Few drops	
Vegetable bouillon (reduced salt)	Small pot	
Walnuts	12	
Wholemeal flatbreads	10 (or 6+4 pittas)	

## herbs & spices

Bay leaves	2	
Chilli flakes	Small pot	
Chilli powder	Small pot	
Coriander (fresh)	100g pack	
Cumin seeds	Small pot	
Curry powder (medium)	Small pot	
Dried oregano	Small pot	
Flat leaf parsley	Small pack	
Garlic	2 bulbs	
Ginger (fresh)	125g pack	
Ground cinnamon	Small pot	
Ground coriander	2 small pots	
Ground cumin	Small pot	
Ground turmeric	Small pot	
Mint	Small pack	
Red chillies	4	
Smoked paprika	Small pot	
Thyme	Small pack	
Tamarind	1.5 tsp	

## fridge

Coconut yogurt	100g	
Milk	450ml	
Natural yogurt	150g	
Yogurt, plain	to serve	
Oat milk	125ml	