

Vegetarian Budget family meal plan shopping list

Fridge

- 100ml milk
- 2 tbsp ghee or cooking oil
- 450g paneer
- 2 tbsp hummus
- 5 tbsp crème fraîche, dairy-free
crème fraîche, Greek yogurt or
soured cream
- 50g vegetarian hard cheese (optional)

Freezer

- 350g frozen vegetarian mince
- 400g frozen peas
- 500g frozen spinach, or fresh

Vegetables, fruit & fresh herbs

- 3 white onions
- 3 red onions
- 3 spring onions
- 2 leeks
- 2 thumb-sized pieces of ginger
- 3 green chillies
- 1 head of garlic
- 1kg carrots
- 2 celery sticks
- 1 lemon
- 1 lime
- 160g mangetout
- 70g baby corn
- 2 baby pak choi
- 1 aubergine
- 80g watercress
- 1 avocado
- 1 red pepper
- 1 yellow pepper
- large + small bunch of coriander
- small bunch of basil
- small bunch of mint
- small bunch of parsley

Storecupboard

- 300g basmati rice
- 60g cashews
- 300g ready-to-cook udon noodles
- 3 good quality vegetable stock cubes
- 600g cooked spaghetti or other pasta
shape (about 250g dried)
- 400g can black beans
- 4 large or 8-12 small flour tortillas
- 2 flatbreads
- crusty bread (optional)
- 1 tbsp pickled sushi ginger (optional)

You may already have these:

Dried spices

- 2 tsp coriander seeds
- 4 cardamom pods
- ½ cinnamon stick
- 4 tsp garam masala
- ½ tbsp mild curry powder, or use 1 tsp
garam masala
- 1 bay leaf
- 1 tsp turmeric
- 1½ tsp chilli powder
- ½ tsp smoked paprika
- ½ tsp ground cumin

Oils & sauces

- 6 tbsp rapeseed oil or olive oil
- 1½ tbsp sesame oil
- 4 tsp low-salt soy sauce
- 500ml passata
- 2 tbsp harissa paste
- 2 tbsp red wine vinegar



goodfood
**COOK
SMART**