



Healthy diet plan **shopping list**

fruit

- mixed berries **300g**
- apples **2**
- peaches **6**
- orange **1**
- lemons **5**
- limes **2**
- bananas **2**
- pomegranate seeds **150g**

vegetables

- onions **8**
- red onions **4**
- shallots **2**
- bulbs garlic **3**
- leek **1**
- red peppers **2**
- yellow pepper **1**
- carrots **3**
- thin stemmed broccoli **100g**
- broccoli florets **100g**
- cauliflower **250g**
- cherry tomatoes **430g**
- tomatoes **400g**
- aubergines **3**
- spinach **265g**
- kale **75g**
- Little Gem lettuce **1 large**
- rocket **60g pack**
- avocado **1 small**
- butternut squash **160g**
- courgettes **4**
- fine green beans **680g**
- new potatoes **300g**
- sweet potatoes **500g**
- fennel **100g**
- small white cabbage **100g**

- red chilli **3 small**
- long green chilli **1**
- fresh ginger **2 tbsp**

storecupboard

- pecan nuts **12**
- pine nuts **25g**
- medjool dates **6**
- sultanas **2 tbsp**
- can tomatoes **2 x 400g**
- can cherry tomatoes **1 x 400g**
- can butter beans **1 x 400g**
- can borlotti beans **1 x 400g**
- can chickpeas **1 x 400g**
- dried red lentils **250g**
- wholegrain rice **300g**
- wholemeal penne **150g**
- oats **290g**
- high-fibre puffed wheat **25g**
- bulgur wheat **40g**
- quinoa **295g**
- pack wholemeal flatbreads **1**
- slices stale bread **4**
- balsamic vinegar **3 tbsp**
- wholegrain mustard **1 tsp**
- tomato puree **1 tbsp**
- Vegetable bouillon

herbs & spices

- parsley **1 large pack**
- coriander **1 large pack**
- basil **1 pack**
- mint **1 small pack**
- dill **½ small pack**
- fresh thyme **2 tsp**
- tarragon **1 tbsp**
- chives **1 tbsp**

- chilli flakes **pot**
- curry powder **2 tbsp**
- ground ginger **1 tsp**
- ground cinnamon **1 tsp**
- cumin seeds **1 tsp**
- ground cumin **3 tsp**
- ground coriander **2 tsp**
- coriander seeds **1 tsp**
- garam masala **2 tsp**
- smoked paprika **2 tsp**

oils & sauces

- olive / rapeseed oil **small bottle**

fridge & freezer

- bio yogurt **8 x 150g pots**
- bio yogurt **425g**
- soft rindless goat's cheese **125g**
- parmesan or other hard cheese **50g**
- low fat crème fraîche **100ml**
- frozen peas **140g**
- frozen sweetcorn **85g**
- frozen raspberries (or fresh) **140g**

protein

- medium eggs **8**
- frozen white fish fillets **4**
- skinless salmon steaks **4**
- lean lamb steaks (225g) **2**
- skinless, boneless chicken breasts **4**