

Shopping List

Dry Ingredients

CARBOHYDRATES

Monthly

Pasta
Rice
Quinoa
Oats
Spaghetti
Potatoes

BREADS

Weekly (unless frozen)

Sourdough loaf
Bagels
Wraps

Meat/Dairy

PROTEIN

Weekly

Chicken
Salmon
White Fish
Minced Beef
Greek Yogurt
Cottage Cheese
Eggs
Milk

FRUIT/VEG

Every Few days
- Weekly

Lettuce
Spinach
Peppers
Onions
Mushrooms
Tomatoes
Avocado
Bananas
Oranges
Apples

Frozen Fruit/Veg
Monthly

Blueberries
Mixed Berries
Mixed Stir Fry Veg

FATS

Monthly

Olive Oil
Nuts
Seeds
Chia Seeds
Flaxseeds

SPICES

Monthly+

Cajun Spice
Peri Peri
Smoked Paprika
Garlic

CONDIMENTS

Monthly

Pesto
Mango Chutney
Soya Sauce

CANNED

Monthly

Tuna
Chickpeas
Baked Beans
Sweetcorn
Tinned Tomatoes
LF Coconut Milk

