



Meal plan – quick and easy family meals

Shopping List

Baked Products

225 g Bread Crumbs

4 Bread Rolls

Dairy

200 mls Single Cream

Beverages

1 tblsp Port (Optional)

Cereal, grains and pasta

½ pack Lasagne Sheets

100 g Semolina

Fish

200 g Salmon (canned)

Fruit

300 g Fresh Cranberries

1 Lemon

1 tblsp Lime juice

250 g Mixed Fruit

2 Orange

Legumes

70 g Red Lentils

1 can White beans

Poultry Products

3 Chicken fillets

4 - 6 kg Turkey

Pork Products

6 Cooked Ham

200 g Pancetta



Sauces

3 tsp. Thai Paste

Sweets

150 g Demerara (Brown) Sugar

Vegetables

500 g Brussels sprouts

1 large Bag of Carrots

½ Cabbage

2 Leeks

1 Large Bag of Parsnips

1 pack Spinach

8 Spring onions

1 Yellow Pepper

5 kg Potatoes

Store Cupboard

200 g Basmati Rice

225 g Butter

100 g Cheese

175 g Self-Raising Flour

140 g Sugar

50 g Plain flour

2 tblsp Corn flour

600 mls Low fat milk

6 tblsp Olive oil

1 tblsp Vegetable oil

2 cans Chopped tomatoes

1 can Coconut milk

3 Chicken stock cubes

4 Vegetable stock cubes

4 Egg

6 Onion

4 tsp Parsley

1 Cinnamon stick

2 tsp Rosemary (dried)

5 tblsp Thyme (dried)

2 tsp Mixed Spice

½ tsp Nutmeg (ground)

2 tsp Rosemary

2 tblsp Tomato puree

3 tblsp Brandy (optional)