

Meal Plan No4 Shopping List

Larder/ Store Cupboard

olive oil

3 tablespoons Thai red curry paste

1 jar curry powder

1 jar turmeric

1 jar teaspoons cumin

500g red lentils

1 box vegetable stock cubes

1 box chicken stock cubes

1 tin chopped tomatoes

500g tagliatelle pasta (or similar)

500g plain flour

500g pasta shells (or similar short pasta)

1 box corn starch

1 bottle dark soy sauce

1 bottle ketchup

1 bottle vinegar

1 jar honey

1 jar basil pesto

Fresh Fruit & Veg

ginger

4 yellow onion

1 red onion

1 bulb garlic

1 butternut squash

1 bag baby spinach
2 punnet mixed baby plum tomatoes (cherry tomatoes)
1 punnet mushrooms
1 bunch thyme
1 bunch parsley
1 bunch basil
1 small bag of large carrots
1 red chilli pepper
2 packs vine tomatoes (about 10)

Meat/ Fish & Dairy/ Frozen

1 bag jumbo king prawns (frozen section)
1 block butter
1 package parmesan cheese
2 box puff pastry sheet
6 eggs
4 chicken breast (boneless, skinless) cut into cubes
300ml milk
500g frozen peas
500g frozen sweet corn
1 pack pancetta/bacon lardons
1 pack smoked streaky bacon
300ml double cream
250g sirloin steak
250g shredded mozzarella

