

## Meal Plan 3

### Larder/ Store Cupboard

1 tin chickpeas

1 box chicken stock cubes (\*NOTE- 2 different types of stock cubes isn't necessary to the recipes. You can pick just chicken or vegetable broth)

1 box vegetable stock cubes

2 tins coconut milk

2x 500g pasta shells (or any pasta)

2 tins chopped tomatoes

1 jar curry powder

1 jar ground cumin

1 jar ground chilli powder (granules)

1 jar garlic powder

1 jar ginger powder

1 jar mixed spice

1 package popadoms

1 jar mango chutney

1 kg basmati rice

1 kg demerara sugar

1 jar Thai red curry paste

1 jar dark (or light) soy sauce

1 250g Cashews or peanuts (optional)- for the curries

1 jar honey

1 box cornstarch

1 litre vegetable oil

1 package Oyster and spring onion stir fry sauce (or similar)

1 kg flour

1 kg oats

### **Fresh Fruit & Veg**

3 bulbs garlic

1 bunch fresh coriander

1 bunch basil

1 bunch parsley

1 bunch thyme

1 package fresh ginger

1 yellow onion

1 butternut squash

1 red onion

3 Limes

2 lemons

1 bag Spinach (prewashed is ideal but not essential)

1 bunch spring onion

1 bag bean sprouts

1 bag carrots

### **Meat/ Fish & Dairy**

4 boneless skinless chicken breast

250g smoked pancetta lardons (or bacon)

2 salmon fillets

1 package parmesan cheese

500g cheddar (you can use white or orange cheddar)

300ml double cream

6 eggs

500g butter

1 litres milk

1kg frozen mixed berries



