

Meal Plan No5 Shopping List

Larder/ Store Cupboard

- 2 tablespoons olive oil
- 1 tablespoon Italian seasoning
- 2 x 500g box passata
- 1 box stock cubes
- 10 lasagna sheets
- 175g rice (basmati)
- 400g penne pasta
- 400g rigatoni
- 4 tablespoons soy sauce
- 1 tablespoons Sriracha sauce
- 1 tablespoon runny honey
- white vinegar
- cornstarch
- 1/2 pack egg noodles
- honey roasted peanuts
- 2 tablespoons tomato paste
- dried oregano

Fresh Fruit & Veg

- 2 brown onion
- 1 bunch basil
- 2 cloves garlic, minced
- 1 pack brown mushrooms
- 1 head celery
- 2 large carrot
- 1 tablespoon fresh grated ginger
- 1 butternut squash, diced small
- 2 limes
- 1 round lettuce
- 1 bunch coriander
- 1 red jalepeno

Meat/ Fish & Dairy/ Frozen

250g mascarpone

1 egg

30g parmesan

225g grated mozzarella

1 ball fresh mozzarella

500g lean minced beef

250g chorizo sausage, cubed

4 boneless skinless chicken breasts

40g butter

35g plain flour

500ml milk

