

Meal Plan 111- Shopping List

Thai Turkey Meatballs

- 500 g turkey mince
- 1 bunch coriander
- 3 cloves garlic
- fresh ginger
- 1 small brown onion
- Thai curry paste
- 400ml coconut milk
- 1 lime
- 1/2 bunch fresh basil
- chilli flakes
- 1 bunch spring onions

Smoky 5 Bean Chilli

- 1 red onion
- 4 cloves garlic
- garlic granules
- 2 bell peppers (any colour)
- 1 x 400g mixed beans
- 100g chargrilled peppers
- 1 x 340g tin sweet corn
- 1 x 400g chopped tomatoes
- soy sauce
- 1 lime
- ground cumin
- smoked paprika
- cinnamon
- cocoa powder
- avocado
- sour cream
- cheddar

Pork Yuk Sung

- 500g pork mince
- 1 yellow onion
- 1 inch fresh ginger
- 3 cloves garlic
- 1 large carrot
- 1 bell pepper
- 3 lime
- Chinese 5 spice
- black bean sauce
- soy sauce
- cider vinegar
- spring onions
- dry roasted peanuts
- 1 round lettuce
- 1 bunch coriander
- smooth peanut butter
- chilli sauce (Sriracha or similar)

Halloumi Pasta

- 500g spaghetti
- 1 block halloumi
- 1 x 400g cherry tomatoes
- 5 sun dried tomatoes
- 1 lemon
- heavy cream
- garlic and tomato seasoning
- fresh basil
- fresh parsely

Coconut Chicken Curry

- 500g boneless skinless chicken breast
- 1 yellow onion
- 2-4 cloves garlic
- 1 tablespoon grated ginger
- tomato purée
- curry powder
- turmeric
- dark soy sauce
- demerara sugar
- 400g tin chopped tomatoes
- 1 x 400g coconut milk
- 1 bunch coriander
- 1 lime