

SHOPPING LIST – WEEK 1

MEAT

Mince
Beef
Chicken breast
Chicken drumsticks
Fish
Lamb chops
Pork
Bacon
Ham/sandwich meat
Pepperoni
Bacon bits

FROZEN

Chips
Peas
Corn
Mixed vege

DAIRY

Milk
Plain yoghurt
Small yoghurts
Butter
Semi-soft butter
Ice-cream
Cheese
Square cheese
Mozzarella
Sour cream
Labnah
Cream cheese
Parmesan cheese
Eggs

TINS

Hummus
Chick peas
Kidney beans
Chopped tomatoes
Corn
Tuna
Peaches
Pineapple

BAKING

Flour
Wholemeal flour
Corn flour
White sugar
Brown sugar
Castor sugar
Icing sugar
Golden syrup
Maple syrup
Baking powder
Baking soda
Vanilla essence
Choc chips
Yeast
Condensed milk
Cocoa
Cinnamon
Ginger
Nutmeg
Custard powder

PANTRY

Rice
Pasta
Pasta sauce
Tomato paste
Lentils
Coconut milk
Tomato sauce
Sweet chilli sauce
Soy sauce
Mayonnaise
Paprika
Pepper
Salt
Cumin
Gravy granules
Falafal mix
Couscous
Pesto
Stock cubes
Vinegar
Sesame seeds
Juice

BREAD

Wholemeal sliced
White sliced
Pita pockets
Wraps
Breadcrumbs

CEREAL/ SPREADS

Muesli
Corn flakes
Weetbix
All bran
Rolled oats – small
Rolled oats – large
Peanut butter
Honey
Jam
Flaxseed
Tea
Coffee
Herbal tea
Ricies

SNACKS

Rice crackers
Crackers
Biscuits
Chips
Popcorn
Mixed nuts
Peanuts
Almonds
Cashews
Dried apricots
Prunes
Raisins
Sunflower seeds
Chewing gum
Corn chips

FRUIT

Apples
Bananas
Oranges
Grapes
Melon
Pears
Avocado
Mandarins
Plums
Lemons
Limes

VEGETABLES

Potatoes
Onions
Garlic
Ginger
Carrots
Cucumbers
Broccoli
Peppers
Cabbage
Lettuce
Tomatoes
Courgettes
Cauliflower
Celery
Mushrooms
Parsley
Basil
Mint

TOILETRIES

Toothpaste
Toothpaste - boys
Toothbrush
Dental floss
Shampoo
Conditioner
Liquid soap
Bar soap
Face moisturiser
Night cream
Deodorant
Body moisturiser

SUNDRIES

Toilet paper
Kitchen roll
Dishwashing liquid
Dish brush
Dish cloths
Scourers
Clingfilm
Tin foil
Toilet cleaner
Jif
Spray 'n' wipe
Floor cleaner
Sponges
Washing powder
Stain remover
Baking paper
Tissues
Dishwasher powder
Rinse Aid

SHOPPING LIST – WEEK 2

MEAT

Mince
Beef
Chicken breast
Chicken drumsticks
Fish
Lamb chops
Pork
Bacon
Ham/sandwich meat
Pepperoni
Bacon bits

PANTRY

Rice
Pasta
Pasta sauce
Tomato paste
Lentils
Coconut milk
Tomato sauce
Sweet chilli sauce
Soy sauce
Mayonnaise
Paprika
Pepper
Salt
Cumin
Gravy granules
Falafal mix
Couscous
Pesto
Stock cubes
Vinegar

CEREAL/ SPREADS

Muesli
Corn flakes
Weetbix
All bran
Rolled oats – small
Rolled oats – large
Peanut butter
Honey
Jam
Flaxseed
Tea
Coffee
Herbal tea
Ricies

SUNDRIES

Toilet paper
Kitchen roll
Dishwashing liquid
Dish brush
Dish cloths
Scourers
Clingfilm
Tin foil

FROZEN

Chips
Peas
Corn
Mixed vege

DAIRY

Milk
Plain yoghurt
Small yoghurts
Butter
Semi-soft butter
Ice-cream
Cheese
Square cheese
Mozzarella
Sour cream
Labnah
Cream cheese
Parmesan cheese
Eggs

Sesame seeds
Juice

SNACKS

Rice crackers
Crackers
Biscuits
Chips
Popcorn
Mixed nuts
Peanuts
Almonds
Cashews
Dried apricots
Prunes
Raisins
Sunflower seeds
Chewing gum
Corn chips

TINS

Hummus
Chick peas
Kidney beans
Chopped tomatoes
Corn
Tuna
Peaches
Pineapple

BREAD

Wholemeal sliced
White sliced
Pita pockets
Wraps
Breadcrumbs

FRUIT

Apples
Bananas
Oranges
Grapes
Melon
Pears
Avocado
Mandarins
Plums
Lemons
Limes

VEGETABLES

Potatoes
Onions
Garlic
Ginger
Carrots
Cucumbers
Broccoli
Peppers
Cabbage
Lettuce
Tomatoes
Courgettes
Cauliflower
Celery
Mushrooms
Parsley
Basil
Mint

BAKING

Flour
Wholemeal flour
Corn flour
White sugar
Brown sugar
Castor sugar
Icing sugar
Golden syrup
Maple syrup
Baking powder
Baking soda
Vanilla essence
Choc chips
Yeast
Condensed milk
Cocoa
Cinnamon
Ginger
Nutmeg
Custard powder

TOILETRIES

Toothpaste
Toothpaste - boys
Toothbrush
Dental floss
Shampoo
Conditioner
Liquid soap
Bar soap
Face moisturiser
Night cream
Deodorant
Body moisturiser

SHOPPING LIST – WEEK 3

MEAT

Mince
Beef
Chicken breast
Chicken drumsticks
Fish
Lamb chops
Pork
Bacon
Ham/sandwich meat
Pepperoni
Bacon bits

PANTRY

Rice
Pasta
Pasta sauce
Tomato paste
Lentils
Coconut milk
Tomato sauce
Sweet chilli sauce
Soy sauce
Mayonnaise
Paprika
Pepper
Salt
Cumin
Gravy granules
Falafal mix
Couscous
Pesto
Stock cubes
Vinegar

CEREAL/ SPREADS

Muesli
Corn flakes
Weetbix
All bran
Rolled oats – small
Rolled oats – large
Peanut butter
Honey
Jam
Flaxseed
Tea
Coffee
Herbal tea
Ricies

SUNDRIES

Toilet paper
Kitchen roll
Dishwashing liquid
Dish brush
Dish cloths
Scourers
Clingfilm
Tin foil

FROZEN

Chips
Peas
Corn
Mixed vege

DAIRY

Milk
Plain yoghurt
Small yoghurts
Butter
Semi-soft butter
Ice-cream
Cheese
Square cheese
Mozzarella
Sour cream
Labnah
Cream cheese
Parmesan cheese
Eggs

Sesame seeds
Juice

SNACKS

Rice crackers
Crackers
Biscuits
Chips
Popcorn
Mixed nuts
Peanuts
Almonds
Cashews
Dried apricots
Prunes
Raisins
Sunflower seeds
Chewing gum
Corn chips

TINS

Hummus
Chick peas
Kidney beans
Chopped tomatoes
Corn
Tuna
Peaches
Pineapple

BREAD

Wholemeal sliced
White sliced
Pita pockets
Wraps
Breadcrumbs

FRUIT

Apples
Bananas
Oranges
Grapes
Melon
Pears
Avocado
Mandarins
Plums
Lemons
Limes

VEGETABLES

Potatoes
Onions
Garlic
Ginger
Carrots
Cucumbers
Broccoli
Peppers
Cabbage
Lettuce
Tomatoes
Courgettes
Cauliflower
Celery
Mushrooms
Parsley
Basil
Mint

BAKING

Flour
Wholemeal flour
Corn flour
White sugar
Brown sugar
Castor sugar
Icing sugar
Golden syrup
Maple syrup
Baking powder
Baking soda
Vanilla essence
Choc chips
Yeast
Condensed milk
Cocoa
Cinnamon
Ginger
Nutmeg
Custard powder

TOILETRIES

Toothpaste
Toothpaste - boys
Toothbrush
Dental floss
Shampoo
Conditioner
Liquid soap
Bar soap
Face moisturiser
Night cream
Deodorant
Body moisturiser

SHOPPING LIST – WEEK 4

MEAT

Mince
Beef
Chicken breast x2
Chicken drumsticks
Fish
Lamb chops
Pork
Bacon
Ham/sandwich meat
Pepperoni
Bacon bits

FROZEN

Chips
Peas
Corn
Mixed vege

DAIRY

Milk
Plain yoghurt
Small yoghurts
Butter
Semi-soft butter
Ice-cream
Cheese
Square cheese
Mozzarella
Sour cream
Labnah
Cream cheese
Parmesan cheese
Eggs

TINS

Hummus
Chick peas
Kidney beans
Chopped tomatoes
Corn
Tuna
Peaches
Pineapple

BAKING

Flour
Wholemeal flour
Corn flour
White sugar
Brown sugar
Castor sugar
Icing sugar
Golden syrup
Maple syrup
Baking powder
Baking soda
Vanilla essence
Choc chips
Yeast
Condensed milk
Cocoa
Cinnamon
Ginger
Nutmeg
Custard powder

PANTRY

Rice Paprika
Pasta Pepper
Pasta sauce Salt Sesame seeds
Tomato paste Cumin Juice
Lentils Gravy granules
Coconut milk Falafal mix
Tomato sauce Couscous
Sweet chilli sauce Pesto
Soy sauce Stock cubes
Mayonnaise Vinegar

BREAD

Wholemeal sliced
White sliced
Pita pockets
Wraps
Breadcrumbs

CEREAL/ SPREADS

Muesli
Corn flakes
Weetbix
All bran
Rolled oats – small
Rolled oats – large
Peanut butter
Honey
Jam
Flaxseed
Tea
Coffee
Herbal tea
Ricies

SNACKS

Rice crackers
Crackers
Biscuits
Chips
Popcorn
Mixed nuts
Peanuts
Almonds
Cashews
Dried apricots
Prunes
Raisins
Sunflower seeds
Chewing gum
Corn chips

FRUIT

Apples
Bananas
Oranges
Grapes
Melon
Pears
Avocado
Mandarins
Plums
Lemons
Limes

VEGETABLES

Potatoes
Onions
Garlic
Ginger
Carrots
Cucumbers
Broccoli
Peppers
Cabbage
Lettuce
Tomatoes
Courgettes
Cauliflower
Celery
Mushrooms
Parsley
Basil
Mint

TOILETRIES

Toothpaste
Toothpaste - boys
Toothbrush
Dental floss
Shampoo
Conditioner
Liquid soap
Bar soap
Face moisturiser
Night cream
Deodorant
Body moisturiser

SUNDRIES

Toilet paper Toilet cleaner Tissues
Kitchen roll Jif Dishwasher powder
Dishwashing liquid Spray 'n' wipe Rinse Aid
Dish brush Floor cleaner
Dish cloths Sponges
Scourers Washing powder
Clingfilm Stain remover
Tin foil Baking paper

SHOPPING LIST – WEEK 5

MEAT

Mince
Beef
Chicken breast
Chicken drumsticks
Fish
Lamb chops
Pork
Bacon
Ham/sandwich meat
Pepperoni
Bacon bits

FROZEN

Chips
Peas
Corn
Mixed vege

DAIRY

Milk
Plain yoghurt
Small yoghurts
Butter
Semi-soft butter
Ice-cream
Cheese
Square cheese
Mozzarella
Sour cream
Labnah
Cream cheese
Parmesan cheese
Eggs

TINS

Hummus
Chick peas
Kidney beans
Chopped tomatoes
Corn
Tuna
Peaches
Pineapple

BAKING

Flour
Wholemeal flour
Corn flour
White sugar
Brown sugar
Castor sugar
Icing sugar
Golden syrup
Maple syrup
Baking powder
Baking soda
Vanilla essence
Choc chips
Yeast
Condensed milk
Cocoa
Cinnamon
Ginger
Nutmeg
Custard powder

PANTRY

Rice
Pasta
Pasta sauce
Tomato paste
Lentils
Coconut milk
Tomato sauce
Sweet chilli sauce
Soy sauce
Mayonnaise
Paprika
Pepper
Salt
Cumin
Gravy granules
Falafal mix
Couscous
Pesto
Stock cubes
Vinegar
Sesame seeds
Juice

BREAD

Wholemeal sliced
White sliced
Pita pockets
Wraps
Breadcrumbs

CEREAL/ SPREADS

Muesli
Corn flakes
Weetbix
All bran
Rolled oats – small
Rolled oats – large
Peanut butter
Honey
Jam
Flaxseed
Tea
Coffee
Herbal tea
Ricies

SNACKS

Rice crackers
Crackers
Biscuits
Chips
Popcorn
Mixed nuts
Peanuts
Almonds
Cashews
Dried apricots
Prunes
Raisins
Sunflower seeds
Chewing gum
Corn chips

FRUIT

Apples
Bananas
Oranges
Grapes
Melon
Pears
Avocado
Mandarins
Plums
Lemons
Limes

VEGETABLES

Potatoes
Onions
Garlic
Ginger
Carrots
Cucumbers
Broccoli
Peppers
Cabbage
Lettuce
Tomatoes
Courgettes
Cauliflower
Celery
Mushrooms
Parsley
Basil
Mint

TOILETRIES

Toothpaste
Toothpaste - boys
Toothbrush
Dental floss
Shampoo
Conditioner
Liquid soap
Bar soap
Face moisturiser
Night cream
Deodorant
Body moisturiser

SUNDRIES

Toilet paper
Kitchen roll
Dishwashing liquid
Dish brush
Dish cloths
Scourers
Clingfilm
Tin foil
Toilet cleaner
Jif
Spray 'n' wipe
Floor cleaner
Sponges
Washing powder
Stain remover
Baking paper
Tissues
Dishwasher powder
Rinse Aid

SHOPPING LIST – WEEK 6

MEAT

Mince
Beef
Chicken breast
Chicken drumsticks
Fish
Lamb chops
Pork
Bacon
Ham/sandwich meat
Pepperoni
Bacon bits

FROZEN

Chips
Peas
Corn
Mixed vege

DAIRY

Milk
Plain yoghurt
Small yoghurts
Butter
Semi-soft butter
Ice-cream
Cheese
Square cheese
Mozzarella
Sour cream
Labnah
Cream cheese
Parmesan cheese
Eggs

TINS

Hummus
Chick peas
Kidney beans
Chopped tomatoes
Corn
Tuna
Peaches
Pineapple

BAKING

Flour
Wholemeal flour
Corn flour
White sugar
Brown sugar
Castor sugar
Icing sugar
Golden syrup
Maple syrup
Baking powder
Baking soda
Vanilla essence
Choc chips
Yeast
Condensed milk
Cocoa
Cinnamon
Ginger
Nutmeg
Custard powder

PANTRY

Rice
Pasta
Pasta sauce
Tomato paste
Lentils
Coconut milk
Tomato sauce
Sweet chilli sauce
Soy sauce
Mayonnaise
Paprika
Pepper
Salt
Cumin
Gravy granules
Falafal mix
Couscous
Pesto
Stock cubes
Vinegar
Sesame seeds
Juice

BREAD

Wholemeal sliced
White sliced
Pita pockets
Wraps
Breadcrumbs

CEREAL/ SPREADS

Muesli
Corn flakes
Weetbix
All bran
Rolled oats – small
Rolled oats – large
Peanut butter
Honey
Jam
Flaxseed
Tea
Coffee
Herbal tea
Ricies

SNACKS

Rice crackers
Crackers
Biscuits
Chips
Popcorn
Mixed nuts
Peanuts
Almonds
Cashews
Dried apricots
Prunes
Raisins
Sunflower seeds
Chewing gum
Corn chips

FRUIT

Apples
Bananas
Oranges
Grapes
Melon
Pears
Avocado
Mandarins
Plums
Lemons
Limes

VEGETABLES

Potatoes
Onions
Garlic
Ginger
Carrots
Cucumbers
Broccoli
Peppers
Cabbage
Lettuce
Tomatoes
Courgettes
Cauliflower
Celery
Mushrooms
Parsley
Basil
Mint

TOILETRIES

Toothpaste
Toothpaste - boys
Toothbrush
Dental floss
Shampoo
Conditioner
Liquid soap
Bar soap
Face moisturiser
Night cream
Deodorant
Body moisturiser

SUNDRIES

Toilet paper
Kitchen roll
Dishwashing liquid
Dish brush
Dish cloths
Scourers
Clingfilm
Tin foil
Toilet cleaner
Jif
Spray 'n' wipe
Floor cleaner
Sponges
Washing powder
Stain remover
Baking paper
Tissues
Dishwasher powder
Rinse Aid