

1 WEEK OF VEGGIE LUNCH & DINNERS SHOPPING LIST

FRESH

- 1 large sweet potato
- 4 pointed red peppers
- 6 red onions
- 300g pome dei moro tomatoes
- 1.3kg butternut squash
- 2 cloves of garlic
- 1 red chilli
- 1 pack of fresh chives
- 1 pack of fresh rosemary
- 1 pack of fresh sage
- 1 pack of coriander

FRIDGE

- 2 litres of fresh vegetable stock
- 1 block of feta cheese
- 1 block of Cornish quartz cheese
- 1 block of butter
- Small pot of Greek yoghurt
- 600ml semi-skimmed milk
- 1 bag of frozen peas or petit pois

STORE

- 1 loaf of Waitrose & Partners No.1 Sourdough
- 1 bottle of extra virgin olive oil
- 1 jar of sweet smoked paprika (+ 1 jar of hot smoked paprika if you like things spicy)
- 1 jar of ground cinnamon
- 1 jar of ruby rose harissa
- 1 jar of Cook's Ingredients chilli and orange paste
- 1 bottle of apple cider vinegar
- 2 tins of chopped tomatoes
- 2 packs of wholegrain rice
- 225g macaroni
- 500g black turtle beans
- 1 small bag of plain flour