



SHOPPING

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Fruit

Strawberries
Blueberries
1 peach
1 orange or satsuma
1 apple

Vegetable

Lettuce – different types
Avocado
3 pcs mushrooms
Cucumber
2 peppers
Tomatoes (in case you cook homemade tomato soup)
Carrots
1 large or 2 small parsnips (1/2 for vegetable soup, 1/2 for tomato soup)
Celery sticks
Onions (2 whites, 1 red)
Spring onion
Edamame beans (can be frozen)
100g broccoli
150g green beans
1 leek
Garlic
2-3 fresh chillies
Olives



Dairy

350g white yogurt
Half-fat milk
Half-fat soft cheese
Cottage cheese
1 pack of cheddar cheese
Eggs

Meat & Fish

200g chicken breast
1pc salmon (about 100g)
1 pack of lean ham
100g lean pork

Cupboard

1 small can tuna in brine
1 pack of whole wheat pasta
Basmati rice
Clearspring Organic Brown & Wild rice
Clearspring Quick Cook Rice & Quinoa
Noodles or little pasta for soup
Teriyaki sauce

Bread & cereals

Rice cakes
Oats
Mixed unsalted nuts
Raisins
Pulsin Choc Brownies
Pulsin Fruit & nut bar
Whole wheat wraps
Whole wheat bread/toast

Drinks

Orange Juice (fresh)
1 bottle smoothie
Water

