

Eat Well Shopping List



A checklist to help plan your shopping – add items as you need them. These are just suggestions – adjust to your needs.

Check in on the supplies regularly - buy monthly supply							
General/Dried/baking		Herbs & Spices		Nuts/dried fruit/Snack			
Oil for frying	<input type="checkbox"/>	Baking power	<input type="checkbox"/>	Cumin	<input type="checkbox"/>	Almonds	<input type="checkbox"/>
Tomato Puree	<input type="checkbox"/>	Flour plain	<input type="checkbox"/>	Turmeric	<input type="checkbox"/>	Hazelnuts	<input type="checkbox"/>
Stock cubes/powder	<input type="checkbox"/>	Flour self raising	<input type="checkbox"/>	Oregano	<input type="checkbox"/>	Mixed Seeds (pumpkin etc)	<input type="checkbox"/>
Deep fried onion (small tub)	<input type="checkbox"/>	Cornflour	<input type="checkbox"/>	Garam Masala	<input type="checkbox"/>	Raisins	<input type="checkbox"/>
Lentils (red, green or puy - dried)	<input type="checkbox"/>	Sugar	<input type="checkbox"/>	Cinnamon	<input type="checkbox"/>	Apricots	<input type="checkbox"/>
		Brown Sugar	<input type="checkbox"/>	Mixed Spice	<input type="checkbox"/>	Dates	<input type="checkbox"/>
		Cocoa Powder	<input type="checkbox"/>	Ginger	<input type="checkbox"/>	Muesli bars	<input type="checkbox"/>
		Ground almonds	<input type="checkbox"/>	Chinese 5 spice	<input type="checkbox"/>	Crackers	<input type="checkbox"/>
		Syrup / honey	<input type="checkbox"/>	Soy sauce	<input type="checkbox"/>	Crisps	<input type="checkbox"/>
		Desiccated coconut	<input type="checkbox"/>	Curry powder	<input type="checkbox"/>	Chocolate	<input type="checkbox"/>
		Pastry	<input type="checkbox"/>	Black pepper	<input type="checkbox"/>	Hummus	<input type="checkbox"/>
		Fresh bread	<input type="checkbox"/>	Dried garlic	<input type="checkbox"/>	Falafel	
		Tofu	<input type="checkbox"/>	Chilli - dried or sauce	<input type="checkbox"/>	Peanut butter (or other nut butter)	
		Quorn products	<input type="checkbox"/>	Mixed Herbs	<input type="checkbox"/>		
		Soya products		Vinegar	<input type="checkbox"/>		
				Olive oil for flavour	<input type="checkbox"/>		
Drinks		Starchy Staples		Cans, Jars or Cartons			
Drinking chocolate	<input type="checkbox"/>	Pasta	<input type="checkbox"/>	Chickpeas	<input type="checkbox"/>	Long life milk	<input type="checkbox"/>
Tea	<input type="checkbox"/>	Pasta wholemeal	<input type="checkbox"/>	Kidney beans	<input type="checkbox"/>	Olives	<input type="checkbox"/>
Coffee	<input type="checkbox"/>	Pasta quick cook	<input type="checkbox"/>	Tomatoes (tinned or in cartons)	<input type="checkbox"/>	Roasted peppers (jar)	<input type="checkbox"/>
Fresh juice	<input type="checkbox"/>	Rice Risotto	<input type="checkbox"/>	Lentils (tinned)	<input type="checkbox"/>	Tinned potatoes	<input type="checkbox"/>
Alcoholic drinks	<input type="checkbox"/>	Rice Regular	<input type="checkbox"/>	Sweetcorn	<input type="checkbox"/>	Tinned fruit (peaches, mango etc)	<input type="checkbox"/>
Carbonated drinks	<input type="checkbox"/>	Oats	<input type="checkbox"/>	Baked Beans	<input type="checkbox"/>	Sun-dried tomatoes	<input type="checkbox"/>
		Noodles	<input type="checkbox"/>	Coconut milk/cream	<input type="checkbox"/>		
		Long life pitta	<input type="checkbox"/>	Tuna canned	<input type="checkbox"/>		
		Wraps, wholegrain	<input type="checkbox"/>	Salmon (tinned)	<input type="checkbox"/>		
		Couscous	<input type="checkbox"/>	Pesto	<input type="checkbox"/>		
		Granola	<input type="checkbox"/>	Pasta sauce	<input type="checkbox"/>		
		High fibre cereal	<input type="checkbox"/>	Jar of curry paste	<input type="checkbox"/>		

Fruit & Vegetables							
Sturdy Veg		Delicate Veg		Fruit		Frozen Fruit & Veg	
Potatoes	<input type="checkbox"/>	Tomatoes cherry	<input type="checkbox"/>	Apples	<input type="checkbox"/>	Peas	<input type="checkbox"/>
Sweet potatoes	<input type="checkbox"/>	Tomatoes large	<input type="checkbox"/>	Oranges/satsumas	<input type="checkbox"/>	Beans	<input type="checkbox"/>
Carrots	<input type="checkbox"/>	Lettuce	<input type="checkbox"/>	Grapes	<input type="checkbox"/>	Spinach	<input type="checkbox"/>
Onions	<input type="checkbox"/>	Cucumber	<input type="checkbox"/>	Pears	<input type="checkbox"/>	Mixed Veg	<input type="checkbox"/>
Courgettes	<input type="checkbox"/>	Radishes	<input type="checkbox"/>	Bananas	<input type="checkbox"/>	Squash/pumpkin	<input type="checkbox"/>
Leeks	<input type="checkbox"/>	Spring onions	<input type="checkbox"/>	Berries	<input type="checkbox"/>	Sweet corn	<input type="checkbox"/>
Aubergines	<input type="checkbox"/>	Mixed peppers	<input type="checkbox"/>			Frozen berries or fruit	<input type="checkbox"/>
Cauliflower	<input type="checkbox"/>	Mushrooms	<input type="checkbox"/>			Frozen herbs/garlic	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>	Bagged leaves	<input type="checkbox"/>				
Garlic	<input type="checkbox"/>	Avocado	<input type="checkbox"/>				
Fresh Produce							
Meat & Fish		Dairy & Eggs		Other		Frozen Produce	
Chicken	<input type="checkbox"/>	Milk (or alternative)	<input type="checkbox"/>		<input type="checkbox"/>	Free flow minced beef	<input type="checkbox"/>
Minced beef/pork/turkey	<input type="checkbox"/>	Yoghurt	<input type="checkbox"/>			Single portion salmon	<input type="checkbox"/>
Sausages	<input type="checkbox"/>	Creme fraiche	<input type="checkbox"/>		<input type="checkbox"/>	Chicken portions	<input type="checkbox"/>
Ham/sliced meat	<input type="checkbox"/>	Butter/spread	<input type="checkbox"/>		<input type="checkbox"/>	Sausages	<input type="checkbox"/>
Salmon	<input type="checkbox"/>	Hard cheese	<input type="checkbox"/>		<input type="checkbox"/>	Pizza	<input type="checkbox"/>
White fish	<input type="checkbox"/>	Soft cheese	<input type="checkbox"/>		<input type="checkbox"/>	Pastry	<input type="checkbox"/>
Pork chops/steaks	<input type="checkbox"/>	Eggs	<input type="checkbox"/>		<input type="checkbox"/>	Ice cream/frozen yoghurt	<input type="checkbox"/>
Bacon	<input type="checkbox"/>				<input type="checkbox"/>		
Household & Personal Items							
Cleaning				Kitchen		Other Items	
Multisurface cleaner	<input type="checkbox"/>	Toilet Roll	<input type="checkbox"/>	Cling film	<input type="checkbox"/>		
Toilet cleaner	<input type="checkbox"/>	Kitchen Roll	<input type="checkbox"/>	Tin foil	<input type="checkbox"/>		<input type="checkbox"/>
Bleach/Javel	<input type="checkbox"/>	Bin Bags (30L)	<input type="checkbox"/>	Sandwich bags	<input type="checkbox"/>		<input type="checkbox"/>
Disinfectant wipes	<input type="checkbox"/>	Toilet balls	<input type="checkbox"/>	Freezer bags	<input type="checkbox"/>		<input type="checkbox"/>
White wine vinegar	<input type="checkbox"/>	Hand soap	<input type="checkbox"/>	Greaseproof paper	<input type="checkbox"/>		<input type="checkbox"/>
Washing liquid clothes	<input type="checkbox"/>						<input type="checkbox"/>
Washing up liquid	<input type="checkbox"/>						<input type="checkbox"/>
Scourer/sponges	<input type="checkbox"/>						