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.

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

Potatoes Tomatoes cherry Apples Peas Carrots Cucumber Pears Spinach Spinach Pears Spinach Pears Spinach Pears Spinach Pears Spinach Pears Spinach Pears Mixed Veg Pears	Fruit & Vegetables												
Sweet potatoes Tomatoes large Oranges/satsumas Beans Carrots Lettuce Grapes Spinach Courons Cucumber Pears Mixed Veg Spinach Courgettes Radishes Bananas Squash/pumpkin Mixed Leeks Spring onions Berries Squash/pumpkin Mixed Deppers Cauliflower Mushrooms Bagged leaves Avocado Prozen herbs/garlic Frozen herbs/garlic Frozen herbs/garlic Frozen herbs/garlic Single portion salmon Single portion salmon Single portion salmon Chicken Milk (or alternative) Free flow minced beef Minced beef/pork/turkey Sausages Creme fraiche Butter/spread Sausages Squash/pumpkin Single portion salmon Hard cheese Pizza Pastry Lee cream/frozen yoghurt Cling film Chicken portions Sausages Grapes Cling film Cling fil	Sturdy Veg		Delicate Veg		Fruit		Frozen Fruit & V	eg					
Carrots	Potatoes		Tomatoes cherry		Apples		Peas						
Onions Cucumber Pears Mixed Veg Courgettes Radishes Bananas Squash/pumpkin Radishes Bananas Squash/pumpkin Rozen Frozen berries or fruit Frozen berr	Sweet potatoes		Tomatoes large		Oranges/satsumas		Beans						
Courgettes Radishes Bananas Squash/pumpkin Leeks Spring onions Berries Sweet corn Frozen berries or fruit Frozen herbs/garlic Frozen herbs/garlic Bagged leaves Avocado Fresh Produce Weat & Fish Dairy & Eggs Other Frozen Produce Free flow minced beef Milk (or alternative) Single portion salmon Sausages Creme fraiche Sausages Creme fraiche Salmon Hard cheese Pork chops/steaks Soft cheese Pork chops/steaks Sausages Cleaner Toilet Roll Cling film Cling film Cling film Single change Sandwich bags Sandwich bags Sandwich bags Greaseproof paper Washing liquid Clothes Washing liquid Clothes Washing liquid Clothes Washing liquid clothes Spring price of fraith Sausage Sands Greaseproof paper Sausages Greaseproof paper Greaseproof Greaseproof paper Greaseproof Greaseproof Paper Greaseproof Gre	Carrots		Lettuce		Grapes		Spinach						
Leeks Spring onions Berries Sweet corn Aubergines Mixed peppers Mixed peppers Frozen berries or fruit Frozen herbs/garlic Bagged leaves Avocado Fresh Produce Fresh Produce Fresh Produce Free flow minced beef Milk (or alternative) Free flow minced beef Slngle portion salmon Slngle portion salmon Slngle portion salmon Slngle portion salmon Chicken portions Slausages Creme fraiche Chicken portions Sausages Sausages Pizza Pastry Ce cream/frozen Pork chops/steaks Eggs Pastry Ce cream/frozen Salmon Frozen Produce Free flow minced beef Milk (or alternative) Free flow minced beef Milk (or alternative) Chicken portions Sausages Pastry Ce cream/frozen Milk (or alternative) Chicken portions Sausages Pastry Ce cream/frozen Milk (or alternative) Chicken Chi	Onions		Cucumber		Pears		Mixed Veg						
Aubergines Mixed peppers Frozen berries or fruit Frozen berries or fruit Frozen literative Frozen herbs/garlic Frozen herbs/garlic Frozen herbs/garlic Frozen herbs/garlic Frozen herbs/garlic Mushrooms Bagged leaves Avocado Frozen Produce Frozen Produ	Courgettes		Radishes		Bananas		Squash/pumpkin						
Cauliflower Mushrooms Bagged leaves Avocado Frozen herbs/garlic Frozen herbs/garlic Garlic Avocado Fresh Produce Fresh Produce Fresh Produce Free flow minced beef/pork/turkey Yoghurt Slngle portion salmon Sausages Creme fraiche Chicken portions Sausages Creme fraiche Pastry Lec cream/frozen yoghurt Lec	Leeks		Spring onions		Berries		Sweet corn						
Broccoli Garlic Bagged leaves Avocado Fresh Produce Fresh Produce Meat & Fish Dairy & Eggs Other Free flow minced beef Minced beef/pork/turkey Sausages Creme fraiche Ham/sliced meat Butter/spread Hard cheese Hard cheese White fish Soft cheese Bacon Household & Personal Items Cleaning Multisurface cleaner Kitchen Cling film Toilet cleaner Kitchen Roll Bin Bags (30L) Bin Bags (30L) Disinfectant wipes Toilet balls Freezer bags Greaseproof paper Washing liquid clothes Washing liquid clothes Washing liquid clothes Washing liquid clothes Washing liquid clothes Freezer Produce Freezer Produce Free flow minced beef Free flow minced beef Free flow minced beef Freezer Produce Free flow minced beef Free flow minced beef Free flow minced beef Salngle portion salmon Chicken portions Sausages Pastry Icc cream/frozen yoghurt Clier cream/frozen yoghurt Sandwich bags Freezer bags Greaseproof paper Greaseproof paper	Aubergines		Mixed peppers				Frozen berries or fruit						
Salvages Garlic Avocado Slngle portion salmon Sausages Creme fraiche Butter/spread Salvages Pizza Pastry Crese registry Crese Pork chops/steaks Eggs Cleaning Witchen Cling film	Cauliflower		Mushrooms				Frozen herbs/garlic						
Fresh Produce	Broccoli		Bagged leaves										
Meat & Fish Dairy & Eggs Other Frozen Produce Chicken Milk (or alternative) Free flow minced beef Minced beef/pork/turkey Yoghurt Slngle portion salmon Sausages Creme fraiche Chicken portions Ham/sliced meat Butter/spread Sausages Salmon Hard cheese Pizza White fish Soft cheese Pastry Pork chops/steaks Eggs Pastry Bacon Household & Personal Items Cleaning Multisurface cleaner Toilet Roll Cling film Toilet cleaner Kitchen Roll Tin foil Bleach/Javel Bin Bags (30L) Sandwich bags Disinfectant wipes Toilet balls Freezer bags White wine vinegar Hand soap Greaseproof paper Washing liquid clothes Washing up liquid	Garlic		Avocado										
Chicken Milk (or alternative) Free flow minced beef Minced beef/pork/turkey Yoghurt Slngle portion salmon Slngle portion salmon Chicken portions Minced beef/pork/turkey Creme fraiche Chicken portions Minced beef Chicken portions Chicken portions Minced beef Minced beef Minced beef Minced beef Slngle portion salmon Chicken portions Minced beef Minced	Fresh Produce												
Minced beef/pork/turkey	Meat & Fish		Dairy & Eggs		Other		Frozen Produce	9					
beef/pork/turkey Yoghurt Single portion salmon Sausages Creme fraiche Chicken portions Sausages Creme fraiche Sausages Sausages Pizza Pizza Pastry Ce cream/frozen yoghurt Cleaning Witchen Cling film Toilet cleaner Kitchen Roll Tin foil Bleach/Javel Bin Bags (30L) Sandwich bags Freezer bags White wine vinegar Hand soap Greaseproof paper Washing up liquid Cling in minus Cling film Cling	Chicken		Milk (or alternative))			Free flow minced beef						
Ham/sliced meat			Yoghurt				SIngle portion salmon						
Salmon	Sausages		Creme fraiche				Chicken portions						
White fish	Ham/sliced meat		Butter/spread				Sausages						
Pork chops/steaks Eggs	Salmon		Hard cheese				Pizza						
Eggs	White fish		Soft cheese										
Bacon	Pork chops/steaks		Eggs										
Cleaning Multisurface cleaner	Bacon						yognare						
Multisurface cleaner			House	ehold & I	Personal Items								
Toilet cleaner	Cleaning				Kitchen		Other Items						
Bleach/Javel Bin Bags (30L) Sandwich bags Sinfectant wipes Toilet balls Freezer bags Singular Greaseproof paper Singular Sandwich bags Si	Multisurface cleaner		Toilet Roll		Cling film								
Disinfectant wipes	Toilet cleaner		Kitchen Roll		Tin foil								
White wine vinegar	Bleach/Javel		Bin Bags (30L)		Sandwich bags								
Washing liquid clothes Washing up liquid	Disinfectant wipes		Toilet balls		Freezer bags								
Washing up liquid	White wine vinegar		Hand soap		Greaseproof paper								
	Washing liquid clothes												
Scourer/sponges	Washing up liquid												
	Scourer/sponges												