

**Fresh fruit, vegetables and herbs**

160g black and green grapes  
 4 medium apples  
 2 medium cooking apples  
 1 small pomegranate  
 1 large banana  
 1 large pear  
 100g fresh cranberries  
 500g fresh or canned fruit such as mandarin oranges, apples, pears and grapes  
 75g fresh or frozen berries  
 50g iceberg lettuce  
 80g salad leaves  
 8 medium tomatoes  
 6 medium cherry tomatoes  
 1 small bulb fennel  
 5 avocados  
 4 yellow peppers  
 3 red peppers  
 8 onions  
 1 medium red onion  
 6 large spring onions  
 1 medium swede  
 7 large carrots  
 1 medium parsnip  
 100g french beans  
 100g broccoli  
 100g leeks  
 2 large sweet potatoes  
 4 large courgettes  
 1 small aubergine  
 2 medium beetroot  
 5 sticks celery  
 400g chestnut mushrooms  
 4 medium radishes  
 650g spinach  
 250g kale  
 1 lemon  
 3 small red chillies  
 40g flat leaf parsley  
 6 sprigs thyme  
 3g chives  
 16 cloves garlic  
 2 inch piece of ginger  
 30g fresh basil leaves  
 10g fresh mint  
 50g coriander

**Pasta, rice, pulses and noodles**

80g wild rice (or red or brown rice)  
 80g red or brown rice  
 100g brown rice  
 100g quinoa  
 2 pots store-bought couscous with vegetable salad

**Eggs, dairy and alternatives**

12 medium free-range eggs  
 2,060ml semi-skimmed milk  
 50g low fat spread  
 10g butter  
 1,650g low fat Greek yoghurt  
 2 tbsp low fat plain yoghurt  
 50g sour cream  
 150g low fat cream cheese  
 60g vegetarian Cheddar cheese  
 80g mozzarella  
 30g feta cheese

**Bread and cereal**

14 medium slices granary or wholemeal sliced bread  
 1 medium wholemeal or granary French stick  
 40g store-bought or homemade wholemeal breadcrumbs  
 2 large tortilla wraps  
 4 taco shells  
 2 small wholemeal pitta bread  
 4 biscuits Weetabix  
 40g rolled oats  
 100g porridge oats  
 2 store-bought fruit scones

**Frozen**

50g frozen broad beans  
 80g frozen soya beans  
 160g frozen mixed berries

**Store cupboard**

3 tbsp honey  
 1 tsp soft brown sugar  
 2 heaped tsp Marmite  
 4 heaped tbsp almond butter  
 1 x 400ml can reduced fat coconut milk  
 160g puy lentils  
 2 x 400g cans mixed beans  
 ½ x 390g can green lentils  
 ½ x 400g can cannellini beans  
 ½ x 400g can canned black beans or kidney beans  
 1 x 210g can canned butter beans  
 1 x 210g can canned chickpeas  
 1 x 298g can mandarin oranges in juice  
 1 x 290g can prunes in juice  
 2 x 227g can chopped tomatoes  
 2 tbsp tomato puree  
 10 tsp pumpkin seeds  
 1 tbsp sunflower seeds  
 20g cashew nuts  
 10g sunflower, flax or pumpkin seeds  
 50g walnuts  
 10g flaked almonds  
 30g pine nuts  
 30g blanched hazelnuts  
 90g Brazil nuts  
 150g dried apricots  
 6 oatcakes  
 2 cereal bars  
 4 slices malt loaf  
 3 tbsp sultanas  
 30g raisins  
 6 medium sun-dried tomatoes  
 60ml lemon juice  
 2 tbsp lime juice  
 1 tbsp capers  
 40g black olives  
 A few drops Tabasco  
 20g reduced salt and sugar brown sauce  
 ½ tsp turmeric  
 ½ tsp ground coriander  
 4 tsp ground cinnamon  
 2 tsp smoked paprika  
 2½ tsp ground cumin  
 Pinch of cayenne pepper  
 Pinch of allspice  
 1 tsp chilli powder

180ml olive oil  
 1 tsp extra virgin olive oil  
 2 tsp extra virgin coconut oil  
 Reduced sodium vegetable stock or powder to make 1.25 litres stock  
 1 tsp reduced sodium light soy sauce  
 1 tbsp vegetarian Thai green curry paste  
 Salt  
 Ground black pepper

**Other**

4 medium vegetarian sausages  
 200g Quorn mince  
 120g store-bought guacamole  
 200g store-bought tzatziki  
 120g store-bought hummus

